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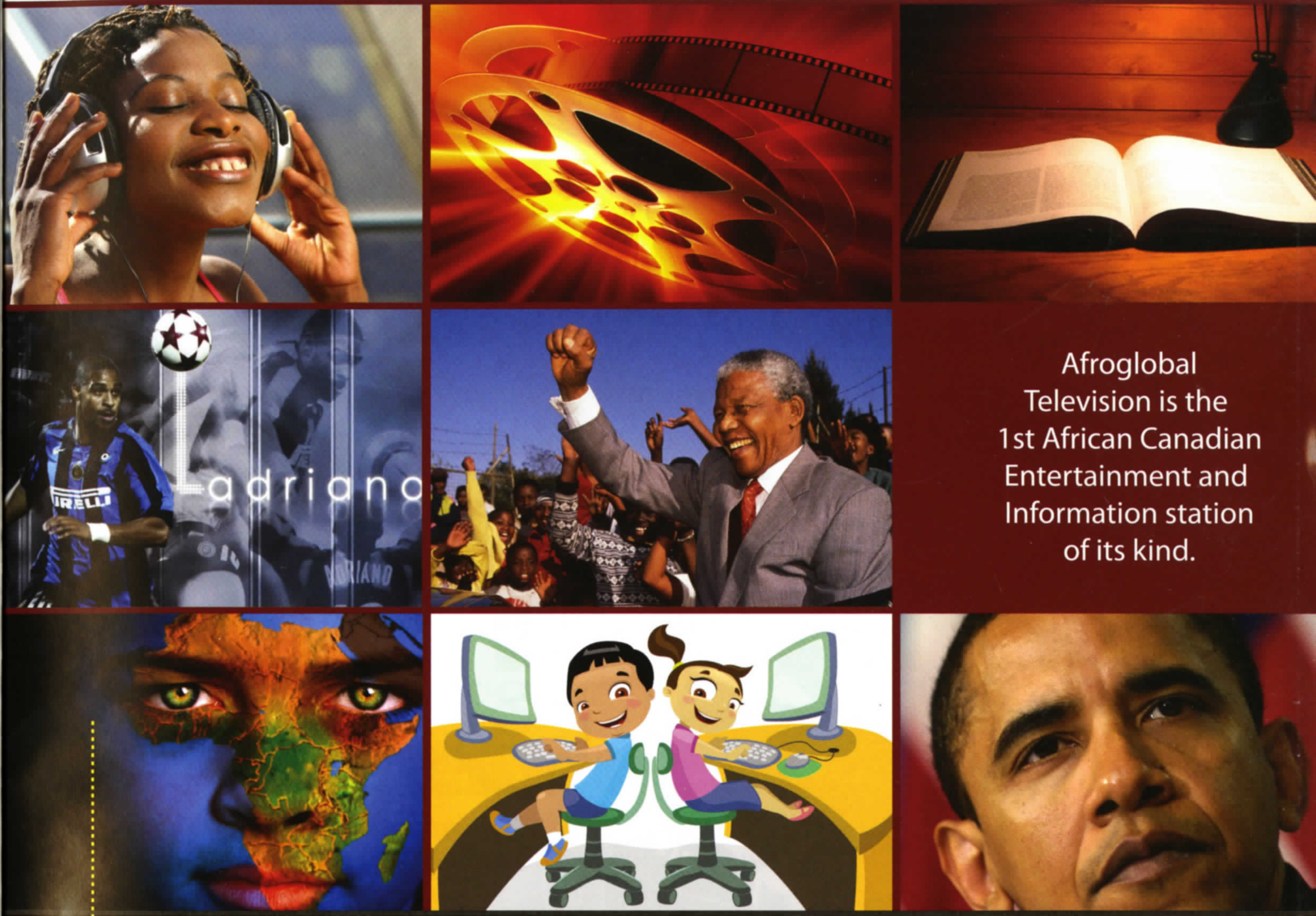

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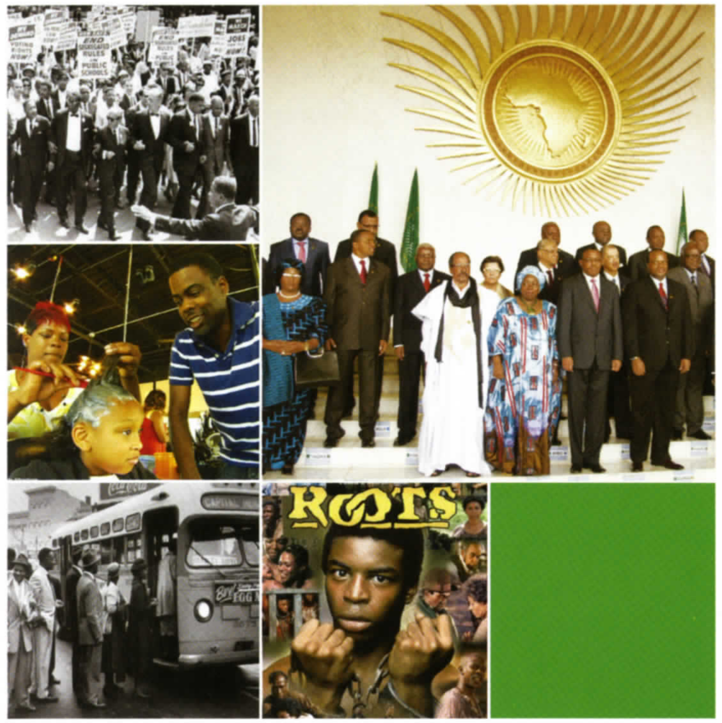

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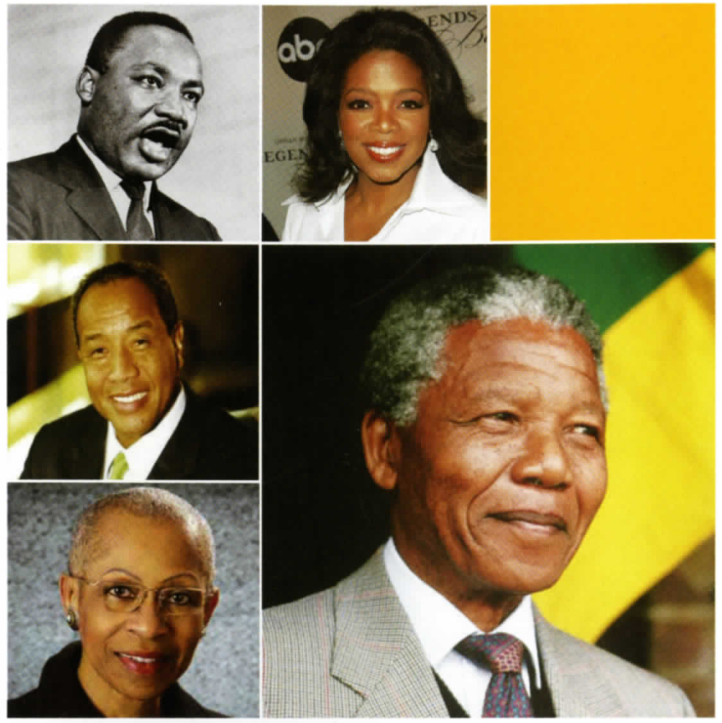

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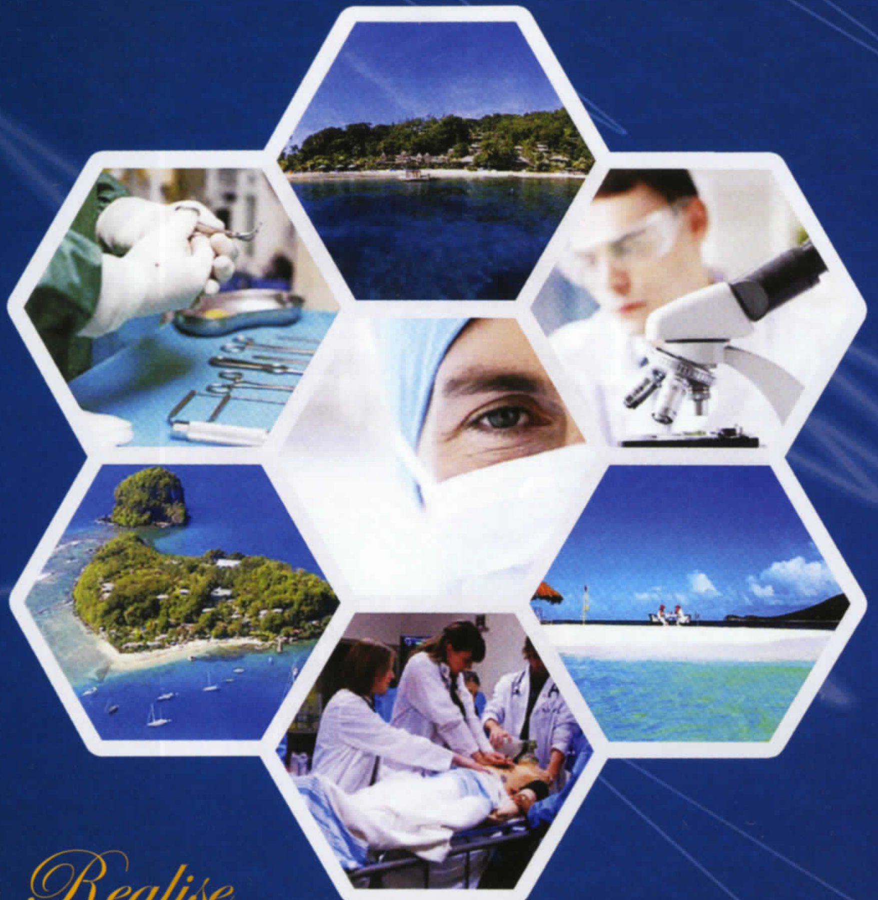

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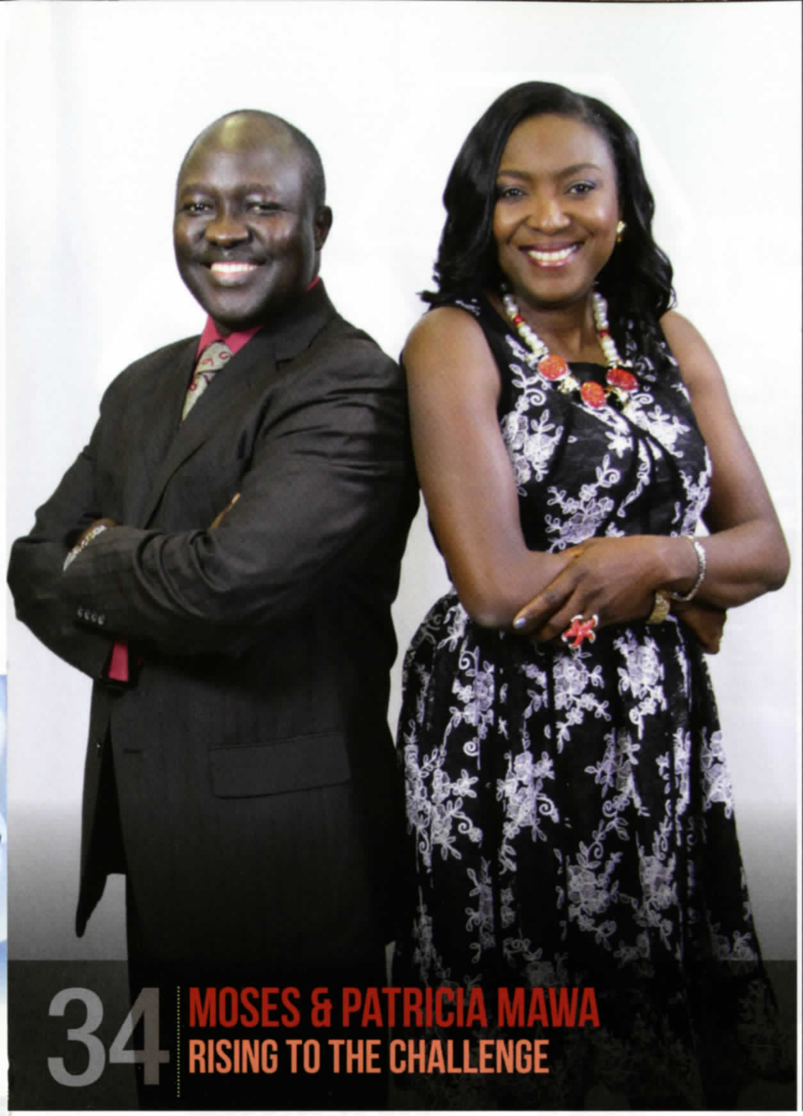

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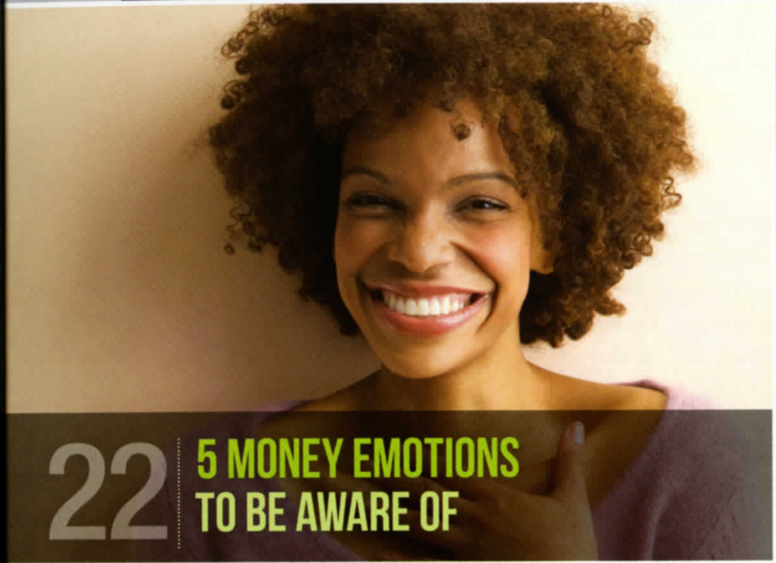

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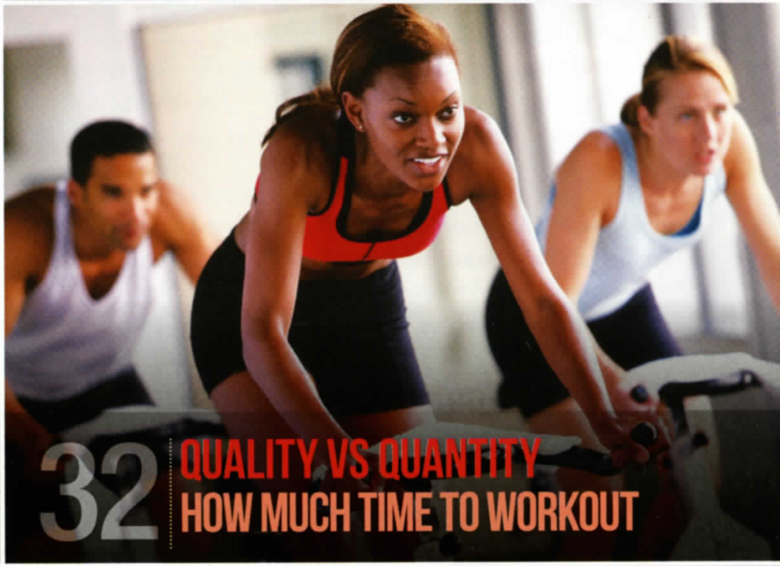

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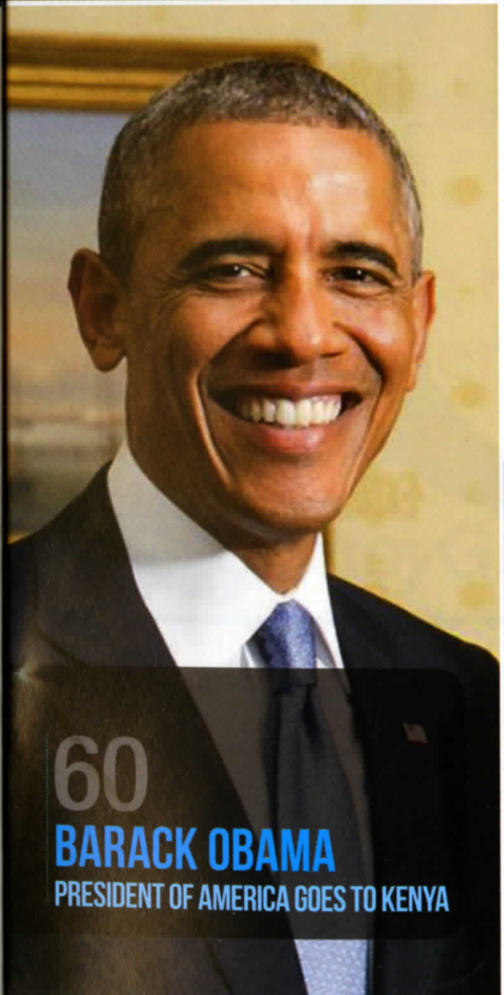

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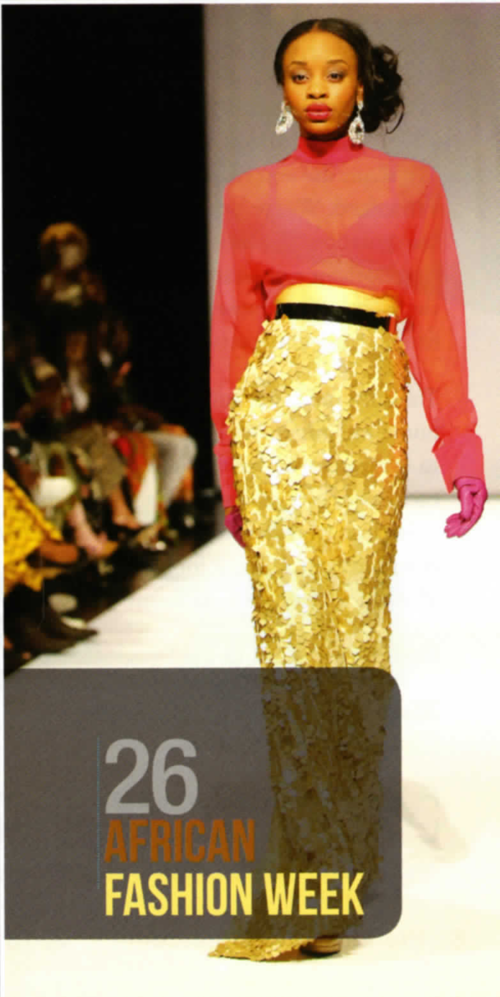

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AFRICAN
FASHION WEEK

TOGETHER WE SOAR !

Celebrating 10 Years Of
PLANET AFRICA MAGAZINE

There's an African proverb that says, "If you want to go fast, go alone. If you want to go far, go together." These simple words overflow with wisdom and truth. The release of this edition marks the 10th Anniversary of Planet Africa Magazine! The team and I are proud of this milestone, and we couldn't have done it without you – our readers, our dear friends. It has truly been an awesome journey since our inaugural issue, which was published back in October 2005!

I am delighted by the opportunity the Editorial Board has accorded to my wife and associate Patricia Bebia Mawa, who has been the Editorial Director of this publication from the beginning. In addition to running a cutting-edge publishing, broadcast, marketing and event management organization, we are now set to launch a 24-hour television channel, having recently acquired Afroglobal Television, where I had been a shareholder as well. We are also delighted to share profiles of recipients of the 2015 Planet Africa Awards.

It is an honour to channel our collective pride in the accomplishments of our distinguished recipients. Categories include Professional Excellence, Enterprise, Leadership, Entertainment, Nelson Mandela Humanitarian Award, Volunteer, Media, Renaissance, Heritage, Development, Science & Technology, Marcus Garvey Memorial Award, Rising Star, Academics, Visionary and Lifetime Achievements. Exemplary role models, we honour them for making a profound difference in the lives of our people.

We present talented Fashion Designer Adebayo Jones' spectacular designs as showcased at the 2015 African Fashion Week in Toronto. In our spotlight is 'Empire' star Taraji P. Henson. We share the empowering story of US President Barack Obama's journey to Kenya, his Fatherland. We are also pleased to feature Cross River State Governor Professor Ben Ayade's Inauguration. We examine the work of Cuso International, along with the strides that the development organization is making to impact lives in Calabar, Nigeria and other places of the world. We present the courtship and marriage of Osho and Alan Edison, plus beauty, fitness, food, entrepreneurship, books, inspirational stories and much more.

The universal law of going far together pertains to all facets of life. These include work, school, home and others. We need to be united in mind and purpose more than ever before. Thanks to everyone who has included our magazine in their lives, especially those who have read each issue cover to cover. We sincerely appreciate our advertisers, subscribers, photographers, writers and other contributors. We look forward to a brighter future of inspiration and entertainment, laid out for you on the pages of Planet Africa, other publications, along with all of our other media platforms.

God bless Africa and the Diaspora.

Moses A. Mawa
Chairman & Publisher

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We love hearing from you. Let us know your thoughts about the articles in Planet Africa Magazine.

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In order to be considered for publication, letters to the editor must bear the name and address of the writer. We reserve the right to edit for clarity. For details, please visit www.PlanetAfricaGroup.com

TRACI MELCHOR, A LIFE DEFINED BY PURPOSE

The cover with Traci Melchor is one of your best. She is a breath of fresh air on Canadian television. Smart, witty and very boisterous. Traci knows how to ramp up excitement on The Social. I was worried when I learnt that she went for surgery because of Dermatofibrosarcoma Protuberans. Thank God she is okay. Thanks Planet Africa for the work you do. You make us all proud!
Janice, Toronto, Ontario

JOHNSON BABALOLA, ONE OF CANADA'S FINEST LEGAL MINDS

I was pleasantly surprised to see a lawyer on the cover of Planet Africa Magazine. This is the first time this has happened and I love it! As a law student, this means a lot to me. I need mentors and role models like Johnson. His-story also helps to make the legal profession look cool.
Adriana, Hamilton

VIOLA DAVIS, SETTING NEW STANDARDS

There were times when people had to have light skin to make it in Hollywood. Thanks to Viola Davis, Lupita Nyongo and Kerry Washington for redefining beauty on the big screen. Viola Davis is one classy, beautiful and confident Black woman. The sister knows how to hold her head high.
Stella Adankwa, Ottawa, Ontario

BENI BOO STYLES

I am a big fan of Planet Africa TV and recently came across Planet Africa Magazine at the Library. I am surprised that I have never seen the magazine. The quality is incredible. It compares well to Oprah, Essence and Ebony. I always used to wonder where Patricia got the African outfits she wears on the show. I was happy to learn about Beni Boo Style in the last edition of the magazine. Please keep up the excellent work!
Jenny Campbell, Brampton, Ontario

A-LIST: CHANGE MAKERS IN ACTION

The A-List section is one of my favourite columns. I do have a few suggestions though. Consider featuring volunteers. I feel that they are not recognized enough in the community. This might encourage others to give back to the community community and will help us move forward together.
Abdi Mohamed, Calgary, Alberta

Planet Africa

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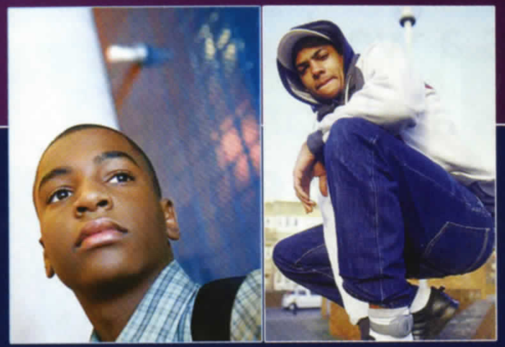

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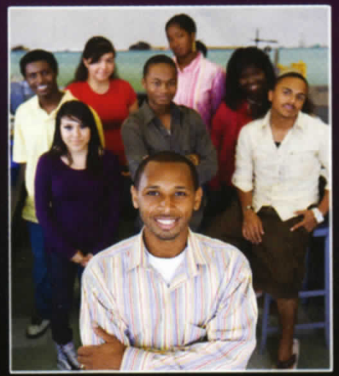

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RAY WILLIAMS

Ray Williams is an avid cook having received his Culinary Certificatio from Toronto's George Brown College Continuing Educatio program in 2011. He is currently Managing Directo Risk Management Solutions Group, Government & Institutional Services for National Bank Financial. I this role, he is responsible for advisory and execution derivative solutions to a wide range of clients across Canad Williams holds undergraduate and post-graduate degre from North Staffs University (BA (Hons) Economics, an Coventry University (Master of Arts) in the United Kingdom. In th issue, he shares his recipe for pate choux.

ELIZABETH ASUBONTENG

Ghanaian-born Elizabeth Asubonteng is driven, passionate a focused. A Journalism graduate from Sheridan Colle Asubonteng has proven herself as a segments producer a entertainment reporter. When she isn't in front or behind camera, Asubonteng can be found at the hair salon mak her clients look and feel good. As an established hairstyl she is known for her trendsetting vision and extraordin skills. Her interest in the beauty industry led her to produce a direct 'Skin War', a documentary on skin bleaching. Asubont shares inexpensive remedies for beautiful skin on page 22.

DEBRA NOREIGA

Debra Noreiga has been designing, planning and delivering top notch events for the past 20 years in the private and publi sectors. She is a Certified Wedding Planner and Certifie Public Speaker. Noreiga's success stems from approachin clients and colleagues with respect, dignity and in professional manner. She attended Trebas Institute, whe she gained a certification in Event and Venue Managemen As an author, Noreiga is known for her creative abilitie organizational skill and strong attention to details. Here, she writ the cover story on Moses & Patricia Mawa of Silvertrust Media.

MERIFLOR TONEATTO

Meriflor Toneatto is passionate about making a contributio through service, transforming lives and making a meaningf social impact. As the CEO & Founder of Power With Sou she combines her expertise on women's relationship wit money and her 15-year executive experience in leadershi business strategy and social impact for phenomenal resul Toneatto has been featured internationally in the media suc as, Yahoo! Finance, The Boston Globe, Los Angeles Times an many others. In this issue, she shares five emotions to watch out for i your relationship with money.

CATHY MORENZIE

Cathy Morenzie is a noted personal trainer, author, blogger an presenter. She has been a leader in the health and wellne industry for nearly 30 years. Her impact has influenc thousands of people over the years to help them lo weight and develop positive attitudes about their bodi and about fitness. Morenzie works with clients to ma fitness an integral part of a healthy lifestyle by emphasizi balance, discipline and moderation. She is considered an exp in weight management and designing creative workouts. Morenz shares effective guidelines for a quality workout routine on page 32.

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AFROGLOBAL TELEVISION

The Best Of Africa And The Diaspora

By Debra Noreiga

Excitement is mounting, as Afroglobal Television, a 24-hour African Canadian channel, is due to be launched in 2016. In a landmark agreement, Silvertrust Communications Inc., also known as Silvertrust Media, has acquired Afroglobal Network Inc. The newly calibrated vision of Afroglobal Network is to reach Canada and the world as a global super channel that informs, empowers, uplifts and entertains Africa, the Diaspora and the world.

The mission of the family oriented network is to showcase "The Best Of Africa And The Diaspora", through family entertainment and information programming. It will meet the aspirations of people of African origin in Canada, including people from Africa, the Caribbean and other parts of the world. The station will subsequently expand to other parts of the world either independently or through partnerships.

The Canadian Radio Television and Telecommunications Commission (CRTC) had approved the Afroglobal channel in 2008, to cater to the fast growing population of people of African descent in Canada. The station already has an agreement with Bell Canada to launch it on the Fibe platform. An understanding had also been reached with Rogers Cable, for the deployment of the groundbreaking channel.

Moses A. Mawa, President & CEO of Silvertrust Media, had been involved with developing the Afroglobal brand. He led relentless presentation efforts at Rogers Cable and Bell Media as CEO & Executive Producer of Afroglobal Network between 2010 and 2012. Mr. Mawa was a part of the ownership at that time. "Our main goal is to present our success stories in a way that has never existed before," he says.

"Afroglobal will feature music, films, documentaries, biographies, current affairs, faith and other programming. It will uplift, entertain and showcase our success stories," say Patricia Bebia Mawa, Executive Vice President of Silvertrust Media. Moses and Patricia Mawa, who were profiled in a worldwide half-hour broadcast on CNN International, where they were referred to as "The Power Couple building a media empire," are committed to launching the cable network in 2016 with their team of veterans.

Silvertrust Media had been preparing for the launch of television stations for many years. The company had approached the CRTC to secure a broadcasting license for a unique station, when the request to consider acquiring Afroglobal came along. The equipment, staff, programming resources and others that are under Silvertrust and associated brands such as Planet Africa Group, Destiny, Diversity, Discover and Transformation will be instrumental in the launch of Afroglobal.

Over the years, Silvertrust has produced the popular Planet Africa Television program on OMNI TV and syndicated in Europe, Africa and beyond. The company has also produced or presented Destiny, Single & Married, New Life and others via stations like Vision TV, CTS, Miracle Channel, MBI and NTA International. Limited opportunities are available for investors who wish to transform destinies by investing in a high impact platform.

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TARAJI Henson

The Empire Star Talks Motherhood Hollywood & Livelihood

By Linda Akinyemi

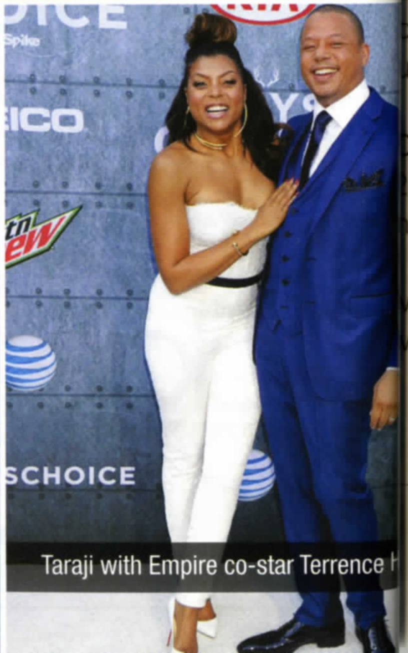
Things are happening a lot faster for Taraji P. Henson these days. First off, she's starring in one of the most popular new TV shows of the year. First Lady Michelle Obama is a fan. Henson won the 2015 Critics' Choice Television Award for Best Actress in a Drama Series, and has 3.75 million Twitter followers. Obviously, she is a triple threat. On 'Empire', Henson plays Cookie Lyon, an outspoken, honest and captivating ex-wife of a former drug dealer turned hip-hop mogul, who gets released from prison and strikes out to lay claim to half of the multi-million dollar record label, which was initially funded by the drug money.

Let's be clear, Henson's role on Empire is epic. She is many things- bold, blunt, smart and hood- and as such, she is increasingly one of the most gripping characters on television. But she's also compassionate and works hard. Similar to her character on the show, Henson grew up in a working-class family in southeast Washington D.C. The literal translation of her name means hope in Swahili language. Upon her graduation from high school, Henson worked as a secretary by day and as a waitress on a dinner-cruise ship in the evenings to pay for college. Then, she became pregnant during her junior year of college, and gave birth to her son Marcel.

Not one to give up, she continued with her studies at Howar University and graduated with a Bachelor Degree in Fine Arts. “ never stopped,” she says. “I just threw him on my back and sai ‘C'mon baby, we're about to go here, she says in an interview wit Washington Post.’” Henson thrived, learning every aspect of theate With her son in tow, Henson moved to Los Angeles with nothin more than a truckload of dreams and seven hundred dollars in h pocket. “I've had so many false starts,” says Henson. But as she pu it, “If it's easy, what story are you going to tell? Nobody wants to he about how easy it was. That doesn't inspire anyone.”

Henson's father encouraged her to go to Hollywood, and in 200 she landed that role in “Baby boy.”From there, the 44-year-old we to star in several television shows and films. Henson had spent ma years fighting for a better life for herself. And now, she is getting a the attention up to the point where she is increasingly unable to g out in public. Saying that Henson is determined would be putting mildly. The actress, who is currently working on the second season Empire, is clearly a force to be reckoned with. “My eyes are always o the bigger picture,” she says. “My goal is changing the world throug art. All my blood and sweat has gone into this. I'm glad it's finally o a level where it seems to be paying off.”

Taraji with her son Marcel Johnson



Taraji with Empire co-star Terrence H

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BOY, SNOW, BIRD
A NOVEL BY THE AUTHOR OF MR. FOX
Dinaw Mengestu
ALL OUR NAMES
A NOVEL

X: A NOVEL

By Ilyasah Shabazz

X's parents have always told him that he can achieve anything, but from what he can tell, that's a pack of lies—after all, his father's been murdered, his mother's been taken away, and his dreams of becoming a lawyer have gotten him laughed out of school. There's no point in trying, he figures, and lured by the nightlife of Boston and New York, he escapes into a world of fancy suits, jazz, girls, and reefer. But Malcolm's efforts to leave the past behind lead him into increasingly dangerous territory. Deep down, he knows that the freedom he's found is only an illusion—and that he can't run forever. This is a book of growth and hope.

BOY, SNOW, BIRD

By Helen Oyeyemi

A heartrending and fascinating tale, the Book tells the story of a mother and two daughters struggling to invent themselves while fumbling and failing to understand each other. Boy is the mother, a woman with nerves of cold steel, Snow is the beautiful, enigmatic step-daughter, and Bird is the precocious, dark-skinned child whose birth reveals the mixed-race heritage her family worked so hard to hide. Together they tell a story that echoes Snow White, full of mirrors and masks, jealousy and suspicion, and all the ways we hide from ourselves. Boy, Snow, Bird is a book you'll want to share. It's a stunning puzzle that will leave you thinking, sharing, and talking.

ALL OUR NAMES

By Dinaw Mengestu

A sweeping, continent-spanning story about the love between men and women, between friends, and between citizens and their countries, All Our Name is a transfixing exploration of the relationships that define us. Fleeing war-torn Uganda for the American Midwest Isaac begins a passionate affair with the social worker assigned to him. But the couple's bond is inescapably darkened by the secrets of Isaac's past: the country and the conflict he left behind and the beloved friend who changed the course of his life—and sacrificed everything to ensure his freedom. All Our Names is exciting, fascinating, well-written, character driven and above all, it is plausible. Author Dinaw Mengestu is one the most brilliant writers of his generation.

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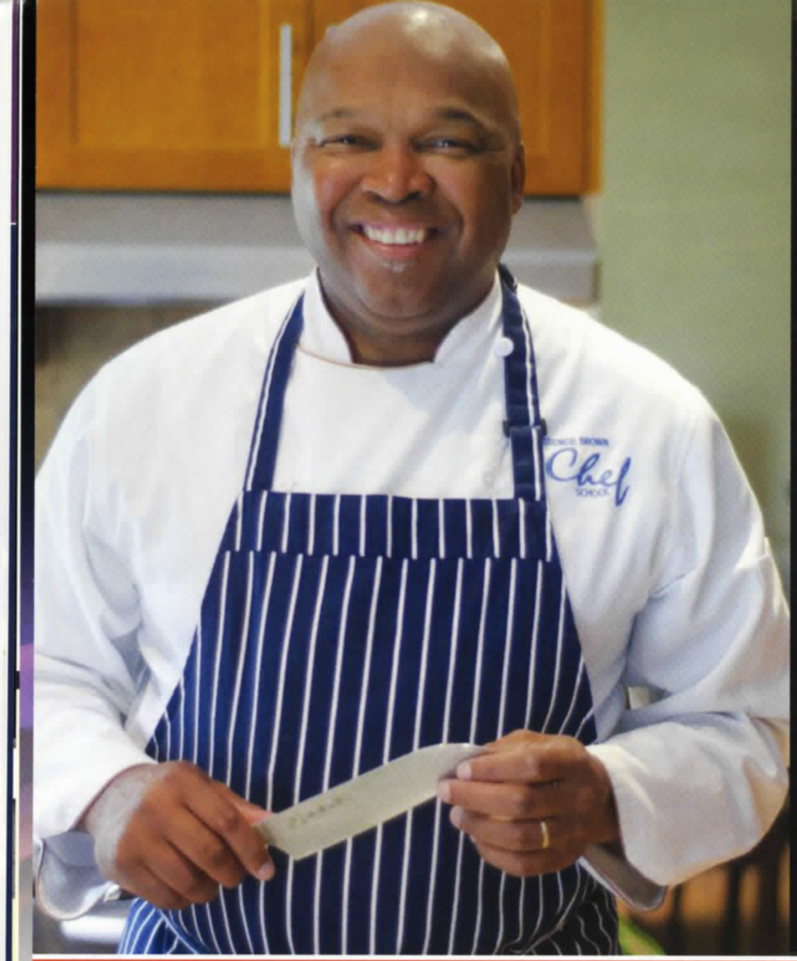


RAY WILLIAMS GIVES PATE CHOUX A CARIBBEAN SPIN

PATE CHOUX RECIPE

INGREDIENTS

- 120 grams of butter cubed
- 120 grams milk
- 120 grams of butter
- 120 grams water
- 2 grams of salt
- 200 grams all-purpose flour

SALTED COD

INGREDIENTS

- 220 grams of salted cod that's been boiled and rinsed 5 minutes.
- 1 half of a medium onion finely diced
- 4 sprigs of fresh thyme
- 1 garlic clove finely diced
- 1 red scotch bonnet or other type of hot chili deseeded and finely diced
- 3 spring onions finely sliced
- Enough oil to fill half of the deep frying pan
- Small deep fry-pan

PREPARATION FOR SALTED COD

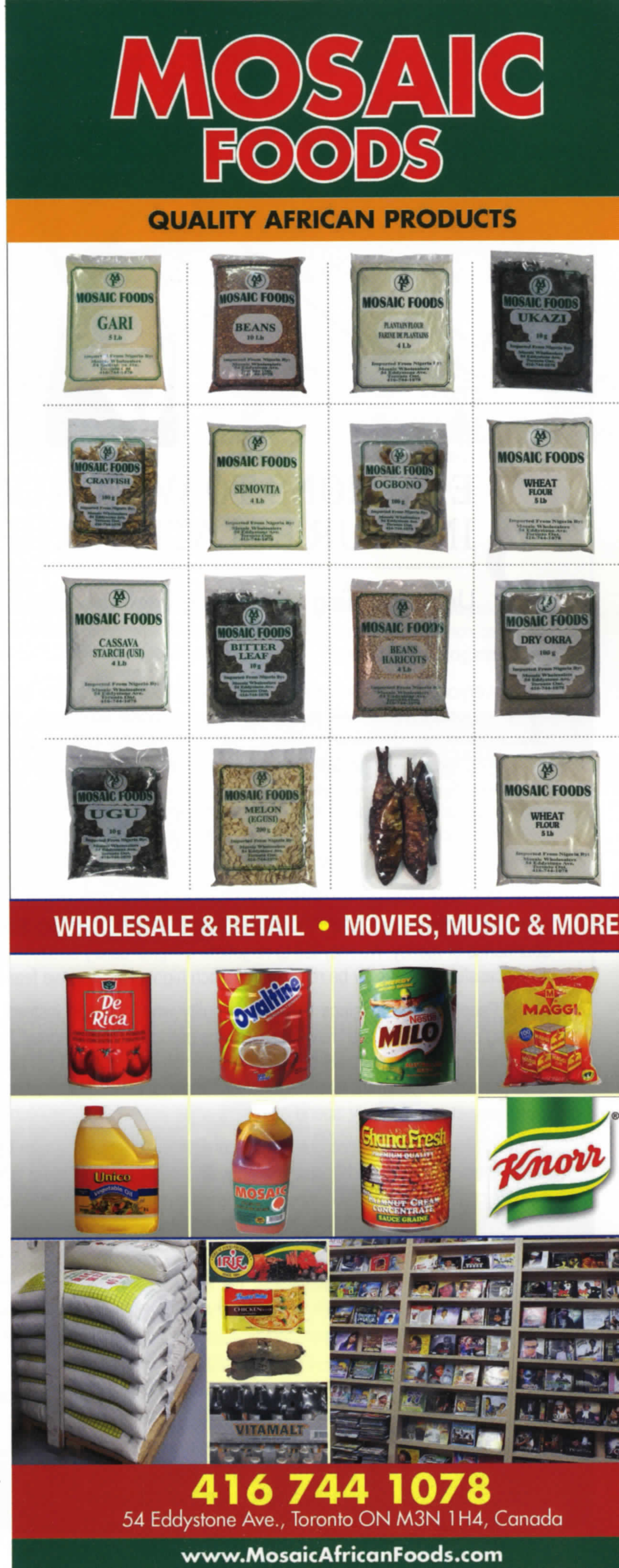
1. Shred the rinsed salted cod
2. Add the chopped dry ingredients and mix thoroughly
3. Mix the combined ingredients into the pate choux mixture and fold in thoroughly.
4. Heat the oil to 350F
5. Using two spoons scoop and form portions of the mixture and spoon into the hot oil
6. Initially try one scoop and check for seasoning. Adjust as necessary.
7. Serve with salsa, tamarind sauce, pepper sauce, Chinese dumpling sauce. Your choice.

Ray Williams serves as Managing Director at National Bank Financial. Ray is passionate about cooking.

- 3 large eggs, at room temperature

PREPARATION FOR PATE CHOUX

1. Heat the butter, milk, water and salt in a sauce pan over medium heat until the butter has melted and a boil is reached
2. Reduce the heat to low, add the flour all at once, and stir vigorously with a wooden spoon until well incorporated
3. Cook, stirring constantly, until the dough mixture pulls away from the pan and forms a ball.
4. Remove the pan from the heat and allow to cool for a couple of minutes.
5. You can now place the mixture in a deep bowl and add the eggs one at a time and beat by hand, or with a hand held mixer until nicely incorporated and smooth and glossy.
6. You should be left with a mixture that's shiny and will fall off a spatula easily.



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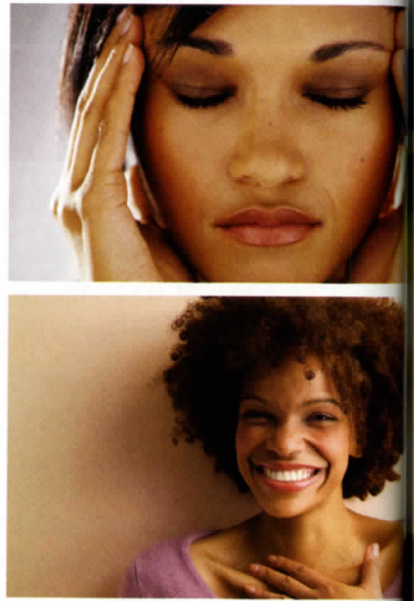
5 EMOTIONS TO WATCH OUT FOR IN YOUR RELATIONSHIP WITH MONEY

Understanding Underlying Feelings Can Free Women for Financial & Personal Success.

By Meriflor Toneatto

Everyone has a relationship with money, but for women, it's much more fraught with emotion. When we avoid and ignore those emotions, we allow them to quietly guide our decision-making – which inevitably holds us back. Understanding our emotions, fears and doubts about money and how they affect our behavior can help us heal them so we can experience financial and personal freedom. For women, money is an emotional currency. It's tied to our sense of self-worth and self-confidence, and our feelings of safety and security. These feelings often translate into self-limiting decisions. Here are five emotions shaping so many of our decisions:



Fear: The most common emotion among women is fear. With money, we fear not having enough of it; that someone will take it; that we'll lose it all and never get it back. And we also fear an abundance of money. We may fail to negotiate a higher salary because we fear we can't live up to it. Successful women may be reluctant to reach higher because we fear failure -- and losing it all.

Guilt: People who say things like, "I feel guilty when I spend instead of save" or "I never buy anything unless it's on sale" have guilt feelings associated with money. These, too, are often rooted in the fears and messages we saw and heard in childhood about not having enough money. Many of us are natural nurturers who've gotten the message that "good" women are selfless, and so we may freely, even recklessly, spend on others while withholding from ourselves.

Shame: This painful emotion cuts to the core because it springs from how we feel about who we are – whether we're "good enough," worthy and deserving. We avoid talking about shame, and so it exerts control over us. With money, shame is commonly connected to amassing a lot of debt and hiding it because we fear being judged, humiliated, and disliked.

"Understanding our emotions, fears and doubts about money and they affect our behavior can help us them so we can experience financ and personal freedom."

Anger: This emotion repels money, opportunities and people because it can leave us closed off emotionally and physically from others. It's based in a belief in the unfairness of life and/or the unfairness of money. A person who becomes angry about money may be angry at herself for missing an opportunity or for mishandling money in the past. Anger can lead to trust issues and to over-protecting every cent – even hoarding money.

Blame: Anger and blame often go hand in hand. It stems from feeling disappointed or wronged because you believe your life would have been easier and/or better if someone – maybe parents or a spouse -- had been able to provide you with more money. Blame can sabotage relationships with both people and money for years.

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Four Inexpensive Remedies for Beautiful Skin

By Elizabeth Asubonteng

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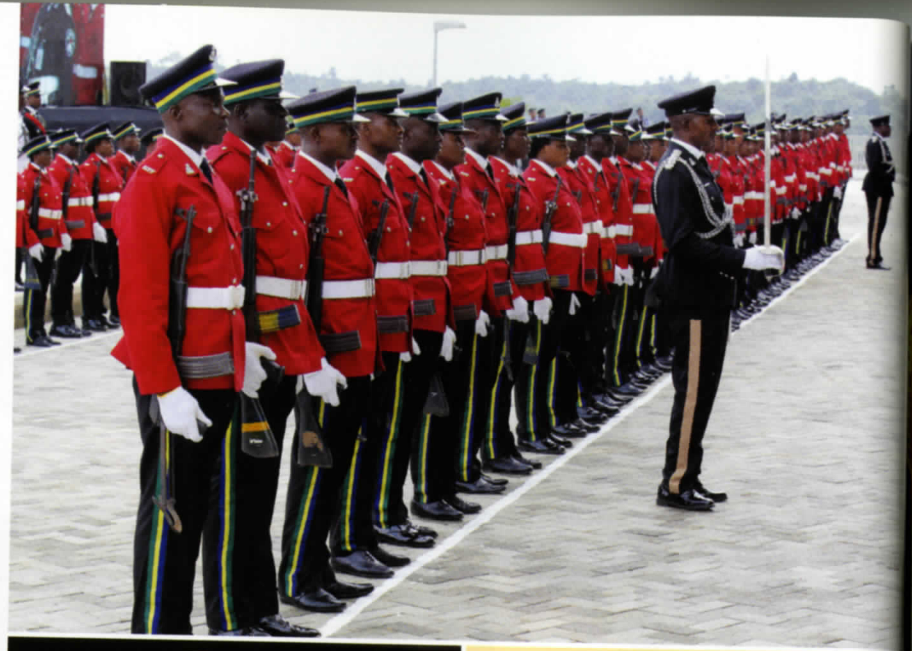


"Guests from the United States, China, Canada, and other parts of the world conve at the International Convention Ce in the beautiful City of Calabar, witness the swearing-in of the new governor."

HIS EXCELLENCY PROFESSOR BEN AYADE
GOVENOR OF CROSS RIVER STATE

INAUGURATION OF A VISIONARY TO IGNITE SUSTAINABLE DEVELOPMENT

By Patricia Bebia Mawa

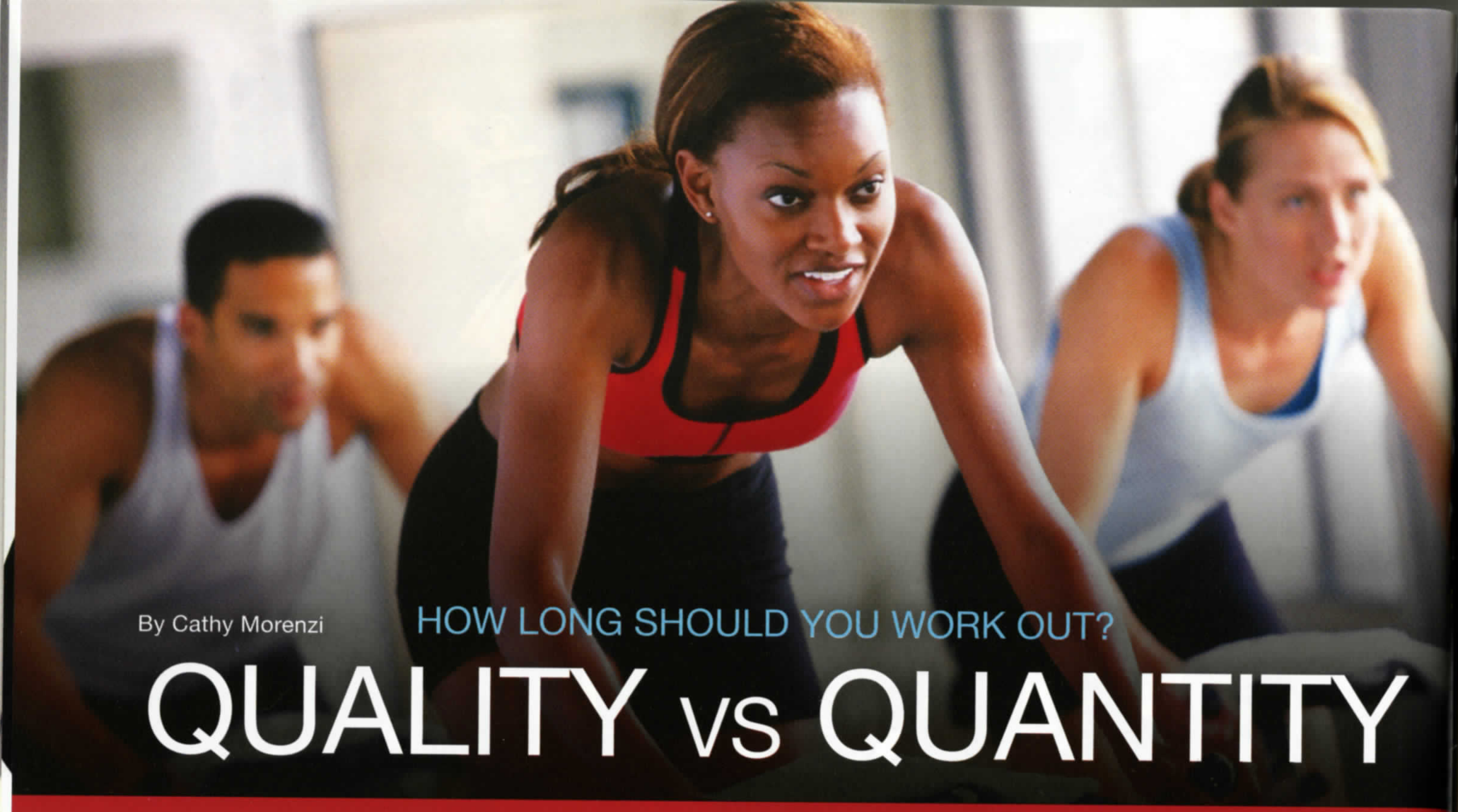
On May 29th, 2015, Cross River State, Nigeria witnessed the dawn of a new era, as Professor Ben Ayade was inaugurated Executive Governor of the state. In his inaugural address, the amiable visionary said, "Today, we are witnesses to the rise of a rainbow, the pollination of our metaphorical petals and the birth of hope. From this day onwards, I urge you to look inwards and envision the future of our dear state and the role we must all play to make it a better place".

Together with his Deputy, Professor Ivara Esu, his Excellency Professor Ben Ayade surmounted the helm of affairs in one of the most admired states in the Nigerian federation on May 29th, 2015. The inauguration was historic, as he is the first governor from the Northern Senatorial District, which he represented as a member of the upper chamber of the National Assembly. With a promise to bring sustainable development to the state, Ayade plans to use his wealth of experience in business, the Senate, and academics to make tremendous impact.

Guests from the United States, China, Canada, and other parts of the world converged at the International Convention Centre, in the beautiful City of Calabar, to witness the swearing-in of the new governor. The well published intellectual who holds patents and other achievements, has won an international award from Japan for his outstanding research on global warming in Africa. During his term in the Senate, he was appointed Vice-Chairman of the Senate committee on Environment and Ecology. He was also on the Senate committee on Education, Marine Transport, and Petroleum, as well as Drugs, Narcotics, and Crime.

A member of the New York Academy of Science, Professor Ayade's ambition is to help take Nigeria from a third world to a first world. Having spent 100 days in office, he has clearly hit the ground running. The Governor is moving swiftly on his signature projects including: a garment facto a super highway linking the South to the Nort a cement factory, model cities, and a seapo Governor Ayade is also inspiring civil servants the state to serve with integrity and dedicatio On his first day on the job, he arrived at 7.0 AM and had to wait for the staff to arrive. H then ordered the gate to be shut, and came o to speak to the late staff, motivating them commit to their jobs, or be flushed out.

"With our backs against the wall, we must d deeper into the wells of our creativity and he out a new pathway to greatness. In doing thi we must be guided by the immortal words President Nelson Mandela that, 'It alwa seems impossible, until it is done'. Fellow Cro Riverians, we shall globally overcome the prese bleakness and wend our way into the sunshi of a brighter day," stated Governor Ayade, wh is poised to put Cross River State on the map progress and development.



By Cathy Morenzi

HOW LONG SHOULD YOU WORK OUT?

QUALITY vs QUANTITY

How long do you work-out when you go to the gym? 30 minutes? 1 hour? Or maybe you pride yourself on 2 hour workouts? Contrary to popular belief, more is NOT better. In fact, 2 hours in the gym, 7 days a week can actually have a negative effect on your health and your body.

To ensure the best results, measure the effectiveness of your workout based on the quality of your exercise routine and not the amount of time spent in the gym. If you're guilty of long treadmill runs or weight training with little else, consider cutting down your workout time and focusing on quality workouts to improve your results.

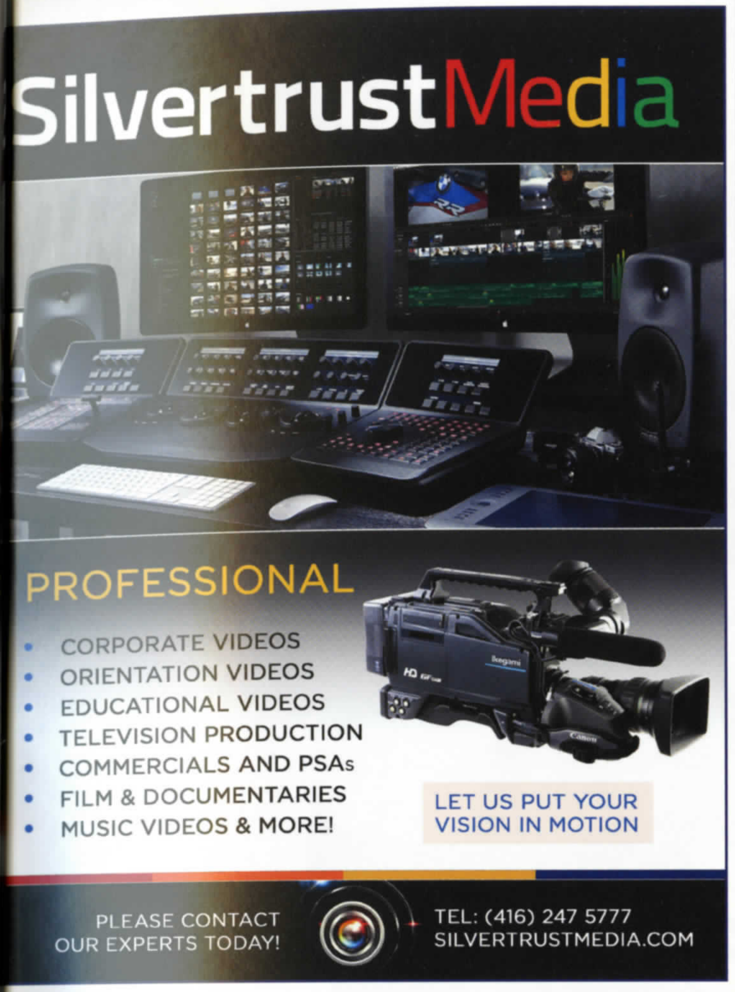
Follow these 2 guidelines for a quality workout routine:

Quality workouts target the entire body and not individual body parts. Fads like the '8 Minute Abs.' and the 'Brazilian Butt Lift' are great if you are looking for some exercises to strengthen individual muscles, but they are no substitute for total body exercises. Isolated exercises will only lead to muscle imbalances, which can lead to injury. Choose total body exercises such as traditional push-ups, squats and lunges.

Quality workouts should also target all of your different body systems. When you exercise, incorporate cardiovascular exercises (like jogging or cycling) for your heart and lungs, muscular strength and endurance exercises (like weight-training) for your muscles and bones, and flexibility training (like stretching or yoga) for your connective tissues and joints. Whether you're a body builder, trying to lose weight or you just want to get or stay in shape, your fitness program should incorporate all three components.

Avoid the pitfall of only doing aerobic exercise by including weight training in your routine. Women especially waste hours doing this because they think it's the secret to losing weight but it's really a myth. The opposite is also true, don't weight train without including aerobic exercise (like walking, jogging, cycling, zumba etc.) A quality workout involves strong lungs, muscles, joints, and heart.

So now that you know to always choose quality over quantity, the question stil remains, how long should you work out? For the average person, it ranges between 20-60 minutes depending on your goals, ability and schedule. You can get a quality full- body workout such as circuit training or HIIT (high intensity interval training) in a little as 20 minutes or a combination of weight training and aerobics up to a maximum of 75 minutes per day 5 days per week. For the average person, setting a personal goal of exercising everyday for 30 minutes will do the trick.



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MOSES & PATRICIA MAWA

THE VISIONARIES CNN CALLED THE "POWER COUPLE"

PREPARING TO LAUNCH A 24-HOUR TELEVISION CHANNEL

By Debra Noriega

Patricia & Moses with Dr. Bernice King Daughter of Dr. Martin Luther King Jr. at the 2013 Planet Africa Awards gala.

In a worldwide half-hour broadcast, CNN International referred to them as the "Power Couple building a media empire". For Moses A. Mawa and Patricia Bebia Mawa, they are pursuing a higher calling. When Moses came to Canada in 1994 and saw bad representation of Africa and the Diaspora in North American media, he came up with an ambitious plan for television, publishing, special events and online media.

"Any time there was something about Africa in the media, it was on poverty, war and disease. Any time our Diaspora was presented in the media, it was about crime and other negative stories. Yet we have amazing business, technology and other success stories. That is why I decided to establish Silvertrust Media," says Moses, whose purpose is to transform lives for good. This purpose is being fulfilled with brands like Planet Africa, Destiny, Diversity, Discover and Transformation.

In the year 2000, Moses met Patricia, who was pursuing post-graduate multimedia studies at Algonquin College of Science and Technology in Ottawa, Canada. They had similar dreams and their friendship grew deeper. On Valentine's Day 2002, they tied the knot. Many describe their union as a match made in heaven. Today, they are raising a family with four amazing children, while running their business in Toronto.

The achievements are testament to relentless commitment to achieving a great vision. "When I showed my mission statement to a graduate communications student at Carleton University, he laughed at me and said there was no way I would achieve them. Today, I have a check mark beside everything I laid out in my life plan," says Moses. Having come to Canada with just twenty dollars in his pocket, all he needed was a plan.

After Silvertrust Media or Silvertrust Communications took off with his savings, Moses secured a Youth Venture loan from Royal Bank of Canada, facilitated by his mentor, Senator Donald Oliver. With a studio on the esteemed Bank Street in Ottawa, the company served federal agencies, embassies, other businesses and families who needed videos, photography, sound systems, websites and other services.

In 1999, the Ottawa Citizen profiled Silvertrust as one of the companies to watch, as production systems and other technologies were expected to fail to transition to the new millennium. In September 2002 with his wife and associate Patricia on his side, Planet Africa Television was launched on OMNI Television. She has served as Host and Producer, while he as Executive Producer. The first and only weekly telecast of its kind has also been syndicated via BEN TV across Europe, NTA International and MBI in Africa.

"The passion to have a premiere television show that showcases our success stories, inspires all Canadians and other viewers is strong," says Patricia. That passion has extended to other programming. Silvertrust produces "Arise!" and "New Life"on Vision TV. Others have included Single & Married on CTS TV and Destiny TV on the Miracle Channel. The company has also produced shows for other clients worldwide.

> "Our mission now is to showcase 'The Best Of Africa And The Diaspora' in a way that has never existed before. This aspiration encapsulates the essence of the Planet Africa vision as well."

Today, Moses is the President and CEO of Silvertrust Media and Chairman of Planet Africa Group. Patricia is President of Plane Africa and Executive Vice President of Silvertrust. They run a cutting edge publishing, broadcast, marketing and event managemen organization. They are set to publish books, have produced over 20 magazine titles and boast 3 regular magazines; namely Planet Africa Diversity and Destiny.

In 2004, the Planet Africa Awards program was launched to celebrate leadership and excellence regarding people of African heritag worldwide. Recipients have included William H. Osborne, Presiden & CEO of Ford Motors Canada; Nobel Prize Winner, Professor Wole Soyinka; Hollywood star, Isaiah Washington; Nuclear Scientist, Dr Sylvester Osamusali; YWCA International President, Dr. Musimb Kanyoro; Biotechnologist, Dr. Florence Wambugu and Legendary South African music star, Yvonne Chaka Chaka.

Silvertrust introduced the Transformation Awards, also known as the Diversity or Harmony Awards in 2010. In 2012, Diversity Magazine was born to inspire, transform, empower, showcase, celebrate and integrate the Canadian tapestry for a more perfect mosaic. Diversity magazine is in blue street boxes in the Toronto area, transit locations GM dealerships and others. In 2013, the Diversity Expo was launched for networking, the showcasing of opportunities and for celebrating our collective heritage.

"In 2014, Silvertrust Media and the Transformation Institute organized the first ever Toronto Mayoral Debate at the Diversity Expo, with candidates Karen Stintz, Olivia Chow and John Tory in attendance," says Moses, who is also the President of the Transformation Institute for Leadership and Innovation. The institute has worked with partners to bring emerging leaders from the Wholesale & Retail Sector Education and Training Authority of South Africa for training in Canada.

Silvertrust has undertaken photography and filming in China, India Dubai, Canada and the USA. In 2008, the Discover series was born Zambia, Nigeria, Kenya and Zimbabwe editions have been published to showcase investment, trade, tourism and more. The New Africa or Discover Africa started in 2012, in association with the African Diplomatic Corps. "The Discover series was established during the 2008 economic recession. It worked, while companies had cut down budgets. Necessity is the mother of invention," says Patricia.

Silvertrust has produced many documentaries, biographies and other specials. "Routes of Freedom", a film produced for the Government of Ontario to commemorate the 200th year of the Abolition of the British Slave trade Act; "Harambee: Pulling Together", a documentary on how the African Canadian community in Ottawa created positive change as a result of the Kasonde Tragedy; "Luminaries" and "Visionaries" biography series, were broadcast on OMNI television.

The next big thing for the couple is launching a 24-hour channel having recently acquired Afroglobal television. Moses, who developed the Afroglobal brand and led relentless presentation efforts at Rogers Cable and Bell Media as CEO & Executive Producer, was a part of that original ownership. "Our mission now is to showcase 'The Best Of Africa And The Diaspora' in a way that has never existed before This aspiration encapsulates the essence of the Planet Africa vision as well," he says.

"Afroglobal will feature music, films, documentaries, biographies, current affairs, faith and others. It will uplift, entertain and showcase our success stories," say Patricia. In a discussion with Dr. Julius Garvey, son of the legendary Marcus Mosiah Garvey, Moses told him, "My goal is to establish a global super channel that will help fulfill your father's dream of enabling every person of African ancestry to migrate to Africa, not necessarily physically, but surely mentally." Dr. Garvey has expressed his support for this landmark project.

Prior to coming to Canada, Patricia was the Host of "Lunch Date", a daily talk show with influential guests, and "Thinking About You", an inspirational, live call-in show on DBN Television in Lagos, Nigeria. Listed in the Who's Who in Black Canada, she holds a B.Sc. degree in Political Science from University of Calabar and a Multimedia diploma from Algonquin College of Science and Technology in Canada. A recipient of the Toronto Police Community Service Award, Queen Elizabeth II Diamond Jubilee Medal, the International Women Achievers Award and the Martin Luther King DreamKeeper Award, she is a highly sought after speaker.

Moses holds a B.A. degree in Film Studies from Carleton University in Ottawa and is pursuing a Master of Arts in Leadership at Trinity Western University in Vancouver. He was trained at the Canadian Screen Training Centre as a multimedia and television producer. He has produced for radio, and together with his sister, they own Radio Amani, 88.1 FM in Uganda. His wife hails from Nigeria, father from Uganda and mother from South Sudan. Moses received the Toronto Police Community Service Award; the National Ethnic Press & Media Council, Excellence in Media Award presented by the Lieutenant Governor; the Harry Jerome Media Award; the Reelworld Visionary Award and the Queen Elizabeth II Diamond Jubilee Medal.

Celebrating the 10th anniversary of Planet Africa Magazine is a big deal for Patricia and Moses, since many magazines have come and gone. "People told us magazines do not last, more so, one that is focused on positive stories regarding people of African heritage. God has been our fortress. When you give in to fear, you give up your power to overcome obstacles," says Patricia. "We are grateful for the efforts that our staff and associates have contributed toward the transformation of minds, hearts and lives," she adds.

The vision of Planet Africa is to enable a world where people of African descent live to their full potential and celebrate their accomplishments with all people of goodwill. The mission is to showcase the best of Africa and the Diaspora, regardless of where the people were born or raised on this planet. "Our purpose is to bring dignity and respect to people of African heritage, inspire them to succeed and unite them for generational impact," says Moses. With a clear vision, divine purpose and the spirit of excellence, the impact of Patricia and Moses in the world will know no bounds.

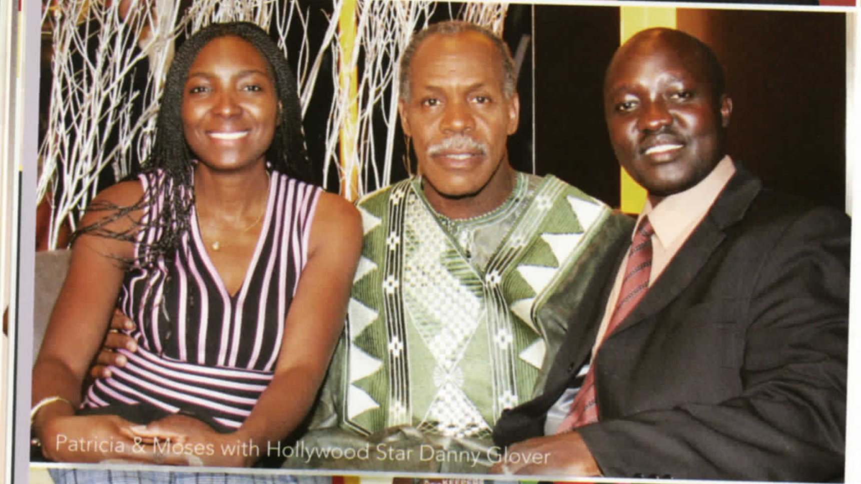
> "My goal is to establish a global super channel that will help fulfill your father's dream of enabling every person of African ancestry to migrate to Africa, not necessarily physically, but surely mentally."

Mawa Family

Patricia Bebia Mawa at D
Television Lagos, Nigeria

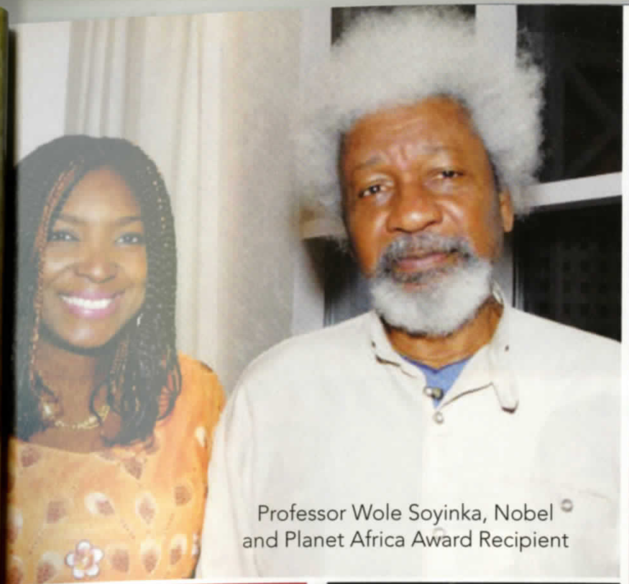
Frank Scarpitti, Mayor Of Markham

President Goodluck Jonathan Of Nigeria


Patricia & Moses with Hollywood Star Danny Glover

Diane Sovereign, Cultural Attaché
U.S. Embassy Ottawa, presents
DreamKeeper Award

Media Mogul
Steve Harvey


Professor Wole Soyinka, Nobel
and Planet Africa Award Recipient

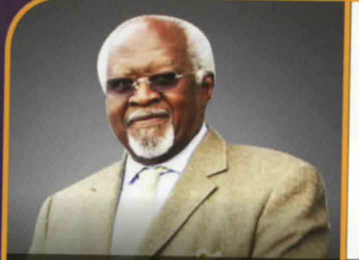
Pop Star Mya

Governor Liyel Imoke
Of Cross River State

Yvonne Chaka Chaka

"Our purpose is to bring dignity and
respect to people of African heritage,
inspire them to succeed and unite
them for generational impact,"

PLANET AFRICA *Awards*


RENAISSANCE AWARD
Dr. Julius Garvey

LEADERSHIP AWARD
Hon. Michael Coteau

HERITAGE AWARD
Gemma Raeburn-Baynes

VISIONARY AWARD
Chief Ebuka J. Onunkwo

DEVELOPMENT AWARD
Pat Howell

ACADEMIC ACHIEVEMENT
Yousra Hassan Gendil

SCIENCE & TECHNOLOGY AWARD
Dr. Joshua Yusuf

ENTERPRISE AWARD
Ebenezer Asare

ENTERTAINMENT AWARD
Jim Iyke

NELSON MANDELA AWARD
Tamara Gordon

PROFESSIONAL EXCELLENCE AWARD
Chef Selwyn Richards

MARCUS GARVEY AWARD
Muhtadi Thomas

VOLUNTEER AWARD
Gwyneth Matthew-Chapman

LIFETIME ACHIEVEMENT AWARD
George Carter

MEDIA AWARD
Dr. Jefferson Sackey

RISING STAR AWARD
Tanya Walker

Pearson Convention Centre
2638 Steeles Avenue East

6.00 PM
Red Carpet Reception

7.00 PM
Awards & Reception

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MOSAIC FOODS

MASTER OF CEREMONIES ENTERTAINMENT AWARD

JIM IYKE

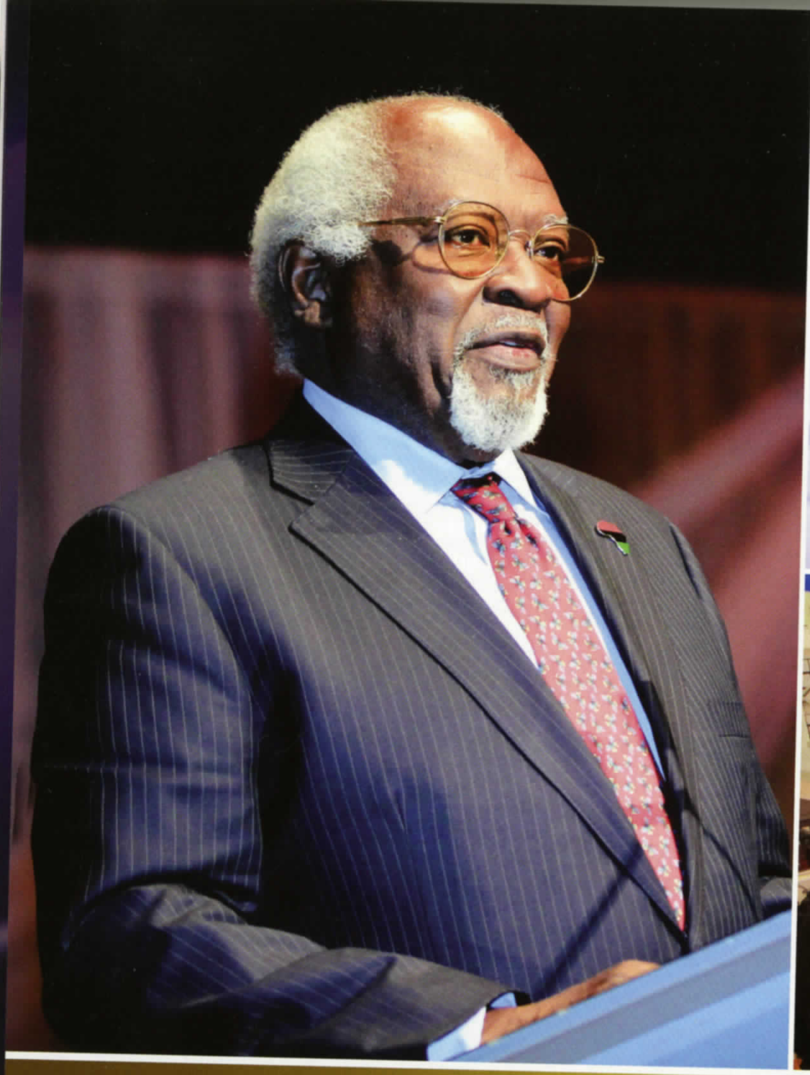
Actor, Film Producer and Model

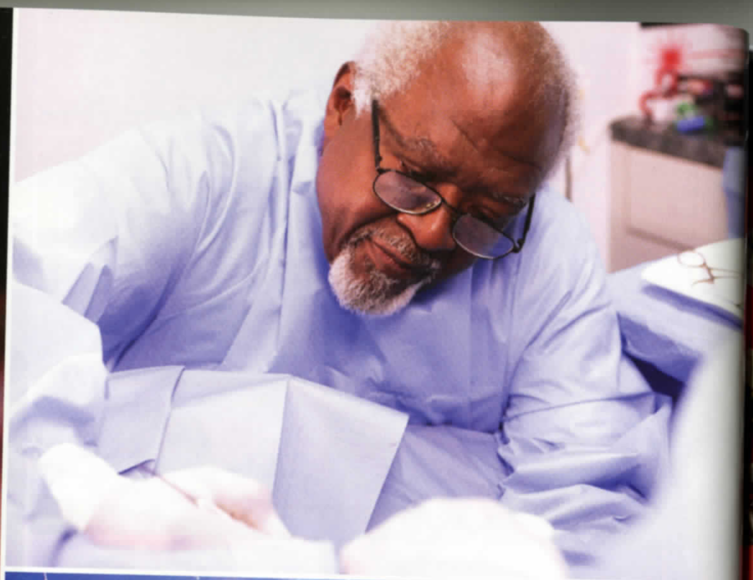
Jim Iyke is an Actor, Film & Music Producer, Model, Entrepreneur and Philanthropist. He graduated from the University of Jos, Plateau State, Nigeria, where he studied psychology. He also received a diploma in Banking and Finance. Upon graduation, Iyke relocated to Lagos, where he began his acting career. One of Nollywood's favourite leading men, Iyke is popularly referred to as "Nollywood's Bad Boy," simply because of some of the roles he has played. Founder of Untamed Productions, he has starred in over 2,000 films.

Iyke is a three-time winner of the Teenage Choice Award, Best Actor at the Nigerian Entertainment Awards, got the African Achievement Award, Best African Actor at the NET Awards in New York and Actor of The Year at the Mode Men Awards. Iyke is the founder of the Jim Iyke Foundation a pioneer in the movement for better education, aimed at the well-being of children in Africa. The foundation, in conjunction with Pepsi, Nikon Hilton Hotel and Indomi Noodles, organized a 6000 children's walk in Abuja, to fight poverty and illiteracy.

In 2009, Iyke ventured into music with his Untamed Records label and the "Who Am I" album, featuring A-list stars like 2Face Idibia, Sound Sultan and others. Proceeds from the album were donated to orphanages. Iyke has been involved with brand endorsement deals, including one with Glo, a prominent telecom company. His reality show, Jim Iyke Unscripted airs on Africa Magic, OHTV in the UK and on other networks internationally. Jim Iyke is the Master of Ceremonies and recipient of the 2015 Entertainment Award at the Planet Africa Awards gala.

PLANET AFRICA *Awards*





RENNAISSSANCE AWARD

PLANET AFRICA
Awards

DR. JULIUS W. GARVEY

Vascular Surgeon & Director, Garvey Vascular Specialists

Dr. Julius Garvey is a vascular surgeon and the Medical Director of Garvey Vascular Specialists in New York. Son of legendary Civil Rights and Pan-African activist Marcus Mosiah Garvey, who founded the Universal Negro Improvement Association (UNIA) in 1914, Dr. Garvey promotes his father's legacy of advancing freedom, justice and prosperity. He is a leading representative of the African Diaspora in African Union affairs. He believes that the 21st century is that of Africa and the Diaspora through solidarity.

Today, Dr. Garvey is an advocate for unity and a universal pan-African nation, with the redemption and reconstruction of African civilization at the center of it all. Dr. Garvey employs revenue from his medical business to assist African peoples and others in the United States, the Caribbean and Africa. He has planted 500,000 trees in Ghana and has led missions to South Sudan, Haiti and Jamaica. He is focused on keeping the planet green and enabling people to produce food more easily and without causing harm to the earth and themselves.

In the wake of the floods in Dominica, Dr. Garvey donated a new variety of breadfruit to Dominica to mark the 128th anniversary of the birth of his father, Marcus Garvey. Dr Garvey is a member of Caribbean Agricultural Network and is committed to food security, in accordance with the principle of self-reliance advocated by his father. A highly sought-after speaker, he continues to inspire audiences with his message of unity, peace and transformation. He receives the 2015 Renaissance Award from the Planet Africa organization.

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PLANET AFRICA
Awards

LEADERSHIP AWARD

HON. MICHAEL COTEAU

Minister of Tourism, Culture and Sport

The Honourable Michael Coteau was first elected to the Ontario legislature in 2011 as the MPP for Don Valley East and was re-elected in 2014. Coteau is the Minister of Tourism, Culture and Sport. He was the minister responsible for the 2015 Pan/Parapan American Games. Under Honourable Coteau's leadership the Pan Am/Parapan Games in Ontario were a monumental success. He was first appointed Minister of Citizenship and Immigration in February 2013. Prior to entering provincial politics, he served as a school board trustee for about eight years. As a trustee, he worked to make schools more accessible to community groups that run after-school programs for children.

Honourable Coteau served as the Vice Chair of the Toronto District School Board and helped to bring forward nutritional changes that increased awareness around student hunger and resulted in healthy food programs. He is a champion of the integration of technology in education. A graduate of Political Science and Canadian History from Carleton University, he is the former CEO and Executive Director of Alpha Plus, a national literacy not-for-profit. He was also on the Board of the Toronto Foundation for Student Success and of the Toronto Lands Corporation.

Known for his humility and passion for change, Honourable Coteau has worked as an ESL teacher and curriculum director. In June 2015, he hosted the historic Black Government Leaders Summit in Nova Scotia. This was an unprecedented meeting of African Canadian federal, provincial and municipal leaders to discuss challenges, share ideas and seize opportunities. The non-partisan agenda included facilitating leadership and raising awareness of the United Nations' International Decade for People of African Descent. Honourable Coteau receives the prestigious Planet Africa Leadership Award for 2015.

HERITAGE AWARD

GEMMA RAEBURN-BAYNES

Social Entrepreneur & Community Advocate

Gemma Raeburn-Baynes is a Senior Auditor with BMO Bank of Montreal Financial Group, where she has worked since 1973. In addition to her banking career, she has also been active in business, community development and charitable initiatives. Gemma is very active in Montreal's African Canadian Community as an avid fundraiser for various organizations. She is the founder of several organizations that promote youth matters, culture and the arts. She is the Founder and President of Playmas Montreal Cultural Association and A Taste Of The Caribbean Festival, which showcase food, entertainment, art and culture.

As a pioneer, Gemma also created the first black modeling agency in Quebec, The Montreal Ebony Models, which has raised over $1.5 million in the last 35 years, for various charities through their fashion show productions. She produced the first Montreal Caribbean Fashion Week in the Spring 2015, which exposed the talent of the Caribbean Fashion Industry. She was the Founding Director and Executive Secretary of Montreal's Caribbean Carnival in 1972. She is a Founding Board Member of the James Robinson Johnston Chair in Black Canadian Studies at Dalhousie University.

Gemma founded Miss Black Quebec Pageant to instill pride and confidence in young women. She has received many awards, including the Queen Elizabeth II Diamond Jubilee Medal from the Lieutenant Governor of Quebec and the YWCA Woman of Distinction Award for Public and Community Service. In 2014, to mark International Women's Day, she was celebrated with a gala evening honouring her fifty years of community service. She received the Black Community Service Award. Dignitaries came from all three levels of the Government. The Prime Minister of Grenada, Dr. Keith Mitchell was the Keynote Speaker. She receives the 2015 Planet Africa Heritage Award.

VISIONARY AWARD

CHIEF EBUKA JOSEPHAT ONUNKWO

CEO, Bukas Group of Companies

Chief Ebuka Josephat Onunkwo is the CEO of Bukas Group of Companies, a corporate entity that comprises two vibrant, diversified companies. These are Bukas Noble Concepts International with its head office in Lagos, Nigeria and Bukas International SA, with its head office in Cotonou, Benin Republic. The Bukas brand is a leader in marketing lubricants and auto-care products. Under Chief Onunkwo's leadership, the Bukas Group represents reputable companies in Europe, Asia and the Middle East. It is the sole distributor of Seahorse Lubricants, Enercell Batteries, Elite and Model Batteries, B- Max grease and more.

Chief Onunkwo became the first Nigerian to be licensed by the Government of the Republic of Benin to import oil in 2003. He attended New Mexico University in the USA. He attained an outstanding certificate in Development Economics in May 2013, which powers his passion to transform lives in society. A holder of many traditional titles, Chief Onunkwo is the Eze Ndi Igbo (King of the Igbos) in Benin Republic. He continues to lead with great vision and inspiration, to enable individuals achieve their full potential.

Chief Onunkwo's high sense of philanthropy and visionary leadership in his engagements have earned him several awards and accolades in Africa and internationally. He is a recipient of the Universal Peace Ambassador Award from the International Federation For World Peace; Integrity Ambassador Award from Integrity International; Performance Award by the Alayi Community in Cotonou, Republic of Benin; Philanthropy for Impact Award from Rotary Club International and the Global Leaders Of Integrity Merit Award. He was conferred an Honorary Doctorate Degree in International Relations by Zoe Life Theological College in Philadelphia, USA. He now receives the 2015 Planet Africa Visionary Award.

DEVELOPMENT AWARD

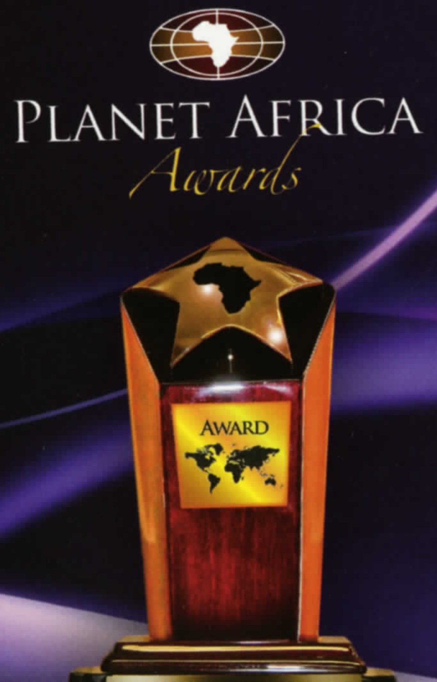
ILEEN 'PAT' HOWELL

President, Markham African Caribbean Canadian Association (MACCA)

Pat Howell is a Social worker and President of Markham African Caribbean Canadian Association (MACCA), a community based educational and cultural organization that promotes inter-racial and inter-cultural harmony, cultural and educational programs to the African Caribbean-Canadian community of York Region. Howell is an Adjudicator with Ontario's Consent and Capacity Board, an independent body, which was created by the provincial government, conducts hearings under the Mental Health, Health Care Consent and Substitute Decision Acts.

She graduated with a Sociology degree and a Bachelor of Social Work from York University. She completed her Masters in Social Work and a post-graduate diploma in Social Administration at Sir Wilfrid Laurier University. She has served as vice-chair of the York Regional Police Community Advisory Council (YRPCAC), board member, Markham Stouffville Hospital, co-chaired the Ethno-Racial Committee, at the Centre for Addiction and Mental Health and the MACCA representative on the York Regional Police District #5 Liaison Committee.

Howell has been instrumental in developing and executing the first Markham Stouffville Hospital Multicultural Festival. She was also instrumental in the acquisition of the Millennium funding both from the Markham 2000 initiative and the Federal Millennium Bureau of Canada. She served as the Co-Chair, Organizing Committee Annual Milliken Children's Festival and also Co-Chaired in the development and implementation of the Ebony Village Community Social Services, an organization, funded by the United Way of York Region, serving the elderly and youth. Howell is the Co-author of Profiles of Afro Caribbean Canadians Living In York Region. She is a recipient of Queen Elizabeth II Golden and Diamond Jubilee medals, The Rotary Club Recognition for Volunteer services, Volunteer Community Service award by Quarter Century Club (QCC) BBPA//Harry Jerome Community Service Award, Arnold Morrissey Student Award, Clark Institute of Psychiatry, and more.



AWARD
PLANET AFRICA
Awards

YOUSRA HASSAN GENDIL

Resilient Academic Achiever

ACADEMIC ACHIEVEMENT AWARD

Yousra Hassan Gendil graduated from the University of Toronto with high distinction, receiving a Bachelors degree in Health and Equity Studies with a minor in African Studies. She is a past recipient of scholarships from Congress of Black Women of Canada, Black Business and Professional Association, United Achievers' Club and the Queen Elizabeth II Aiming For The Top Scholarship. During her academic studies, Gendil volunteered as a Teaching Assistant in a kindergarten classroom that was a part of the Equity Studies Students' Union and was a Senior Editor for Health Perspectives, the undergraduate journal for the Health Studies program.

In addition, she had worked as an Undergraduate Research Assistant with renowned scholar and activist Prof. George S. Dei, on his upcoming publication on (re)theorizing Blackness. Gendil has worked at Unison Health and Community Services; a non-profit community-based organization that provides health and community services to vulnerable population groups in Toronto's Northwest priority neighbourhoods. Having migrated from Sudan to Canada in search of a better life, she has committed herself to succeed through education.

Gendil's family faced a serious challenge in 2010 when her father was diagnosed with Multiple Myeloma, a type of cancer that made him very ill and unable to walk. Gendil managed being a full-time student, holding down a part-time job and commuting to the University of Toronto from Mississauga. She excelled in her academic pursuits inspite of these challenges and graduated with distinction. Her goal is to secure a Master's degree in Public Health, with research focused on mental health equity, particularly in regards to Afro-Caribbean and racialized communities. She receives the 2015 Academic Achievement Award from the Planet Africa organisation.

SCIENCE & TECHNOLOGY AWARD

DR. JOSHUA YUSUF

President & Director of Academics, All Saints University

Dr. Joshua Yusuf is the President & Director of Academics at All Saints University School of Medicine. Founded by Dr. Yusuf in 2006, All Saints University trains the best and the brightest minds in the science of medicine and the art of compassionate care for patients. All Saints University School of Medicine boasts of two campuses in Dominica and St. Vincent and the Grenadines in the Caribbean. The university now has a population of over 1000 medical students and hundreds of graduates at various stages of their postgraduate studies or residency training.

Licensed graduates from the University practice in Canada, the United States, Europe and other parts of the world. The university is recognized by the Medical Council of Canada (MCC). Graduates are eligible to sit for the United States Medical Licensing Examinations (USMLEs). Also recognized by the World Health Organization, All Saints University is listed in the AVICENNA/ WHO directory of medical schools. This recognition affords graduates of All Saints University in Dominica to apply for practice license in UN-member nations.

Dr. Yusuf holds a Bachelor of Science and Master of Science degrees in Biochemistry from the University of Ibadan, Nigeria; Doctor of Science degree in Chemistry & Toxicology from University of Kaiserslautern, Germany and he attended Medical School at the University of the Americas in Belize. Dr. Yusuf is also the Founder and President of Geniuses International School and IN College in Nigeria. He receives the prestigious Planet Africa Science & Technology Award for 2015.

PLANET AFRICA
Awards

ENTERPRISE AWARD

EBENEZER ASARE

President & CEO, Afrocan Direct Imports Inc.

Ebenezer Asare is one of the most admired and accomplished African Canadian business leaders. He is the CEO of Afrocan Direct Imports Inc., a tropical supermarket carrying a wide range of popular African and Caribbean food and beauty products with retail outlets in Toronto and Brampton. Born in Asamankese, Ghana, he moved as a child to Accra where he subsequently received a Bachelor's degree in Geography from the University of Ghana. Upon graduation in 1988, Mr. Asare honed his business skills at this father's large confectionery store until 1990, when he moved to pursue vision and to raise a family Canada.

Before starting his own business, Mr. Asare worked at Nestle Canada. He alsoserved as Vice President of Rainbow Tropical Foods, where he was responsible for providing leadership regarding day-to-day store operations. His commitment to improving the shopping experience of customers cannot be overlooked. Together with Esther, his wife and partner in the family business, they have moved the company to high levels of success. Their efforts are evident from the company's high product standards and presentations. Their mission is to offer families a touch of tradition and to educate consumers on the nutrient density of specific foods for healthy living.

One of the most significant achievements of Mr. Asare is when in 2014, he purchased the South Asian owned India Africa Grocers Limited, a large supermarket that sold everything from fresh meat and fish to ethnic delicacies in the Jane and Wilson area of Toronto. He rebranded it Afro-Caribbean Foods, based on his brand reputation, knowledge, experience and solid track record. The continued success of Afrocan is driven by Mr. Asare's strategic vision and his commitment to customers, family and the community. The company's next step is to set up franchises in order to give others opportunities for success. He receives the prestigious Planet Africa Enterprise Award for 2015.

PLANET AFRICA
Awards

PROFESSIONAL EXCELLENCE AWARD

SELWYN RICHARDS

Chef & CEO of The Art Of Catering

Chef Selwyn Richards is the CEO of The Art Of Catering, known for its culinary excellence and artistry. Born in Jamaica, he is the Corporate Chef for Grace Kennedy Ontario. His internationally acclaimed book, The Art of Cooking, draws upon the aromas, flavors and textures of the Caribbean, providing cooks with ingredients they need to bring a little bit of the Caribbean to their dining table. In August 2010, when Grace Kennedy celebrated its 25th year in Canada, he collaborated with the Dean of Hospitality at Centennial College, to create a culinary extravaganza infused with Grace products as core ingredients.

A graduate of Culinary Management at George Brown College, Chef Richards has been featured on Television programs likel Do,Let's Eat!on the Food Network; Rich Bride, Poor Bride on Life Network; Soul Food on BET and Showtime as well as Planet Africa on OMNI Television. He and his team have been featured in newspapers, magazines and has appeared on City TV's Breakfast Television, CTV's Canada AM, CBC TV and Global News. He has also contributed to film productions like American Pie5, The Naked Mile, Nikita, Breakout Kings, Home Again and more.

Interviews and live radio broadcasts with Richards have also been heard in Toronto on G98.7 FM, Irie FM Jamaica, CIUT 89.5 FM, AM 640, and CHRY 105.5 FM, and in Buffalo on the Jamaica Diaspora Radio Show on Blog Talk Radio and WBLK 93.7 FM.In 2013, Chef Richards teamed up with United Way of Peel Region to participate in a Guinness Book World Record event for the largest number of people to make soup at one time. He was one of two master chefs enlisted for this undertaking. He receives the 2015 Planet Africa Professional Excellence Award.

PLANET AFRICA
Awards

PLANET AFRICA
Awards

NELSON MANDELA HUMANITARIAN AWARD

TAMARA GORDON

Motivational Speaker & Founder, Tamara Gordon Foundation

Tamara Gordon is a motivational speaker and founder of the Tamara Gordon foundation. In high school, she developed passion for sports. She received many trophies and medals, including Most Valuable Player (MVP) awards. In 2002, she was severely injured in a skiing accident that left her paralyzed and confined to a wheel chair. Regardless, she graduated from high school with an overall average of 91% as an Ontario Scholar and went on to graduate in June 2009 from York University with a degree in Bachelor of Administrative Studies with Specialized Honours and the distinction Cum Laude. She was also on the Dean's Honour Roll.

In August 2006, Gordon had completed her first internship with TD Bank and was offered a position by the manager because of her competence. Today she is a Customer Relations Coordinator (CRC) at TD Bank. She is also involved with different committees at the Bank, such as the Diversity Committee. The Tamara Gordon Foundation was established to encourage youth, low income people and people with physical disabilities. Gordon has sponsored a Volunteer Centre for the tenants at the building where her mother lives. She provides scholarships to students, banquets for seniors, school supplies for economically challenged students, furniture and food bank supplies for the needy.

Gordon has received many honours for her community involvement, including the Lieutenant Governor's Community Volunteer Award for Students in 2003; Team of Enthusiastic Atkinson Ambassador at York University from 2004 to 2009; Tropicana Community Service Volunteer Award in 1999, 2000, 2001; The Ontario Medal for Young Volunteers in 2009; Volunteer Recognition Award from Mayor Frank Scarpitti of the City of Markham; and the Queen's Diamond Jubilee Medal, presented to her by Prince Charles of Wales in 2012. She receives the Nelson Mandela Humanitarian Award from the Planet Africa organisation.

AWARD
PLANET AFRICA
Awards

MARCUS GARVEY MEMORIAL AWARD

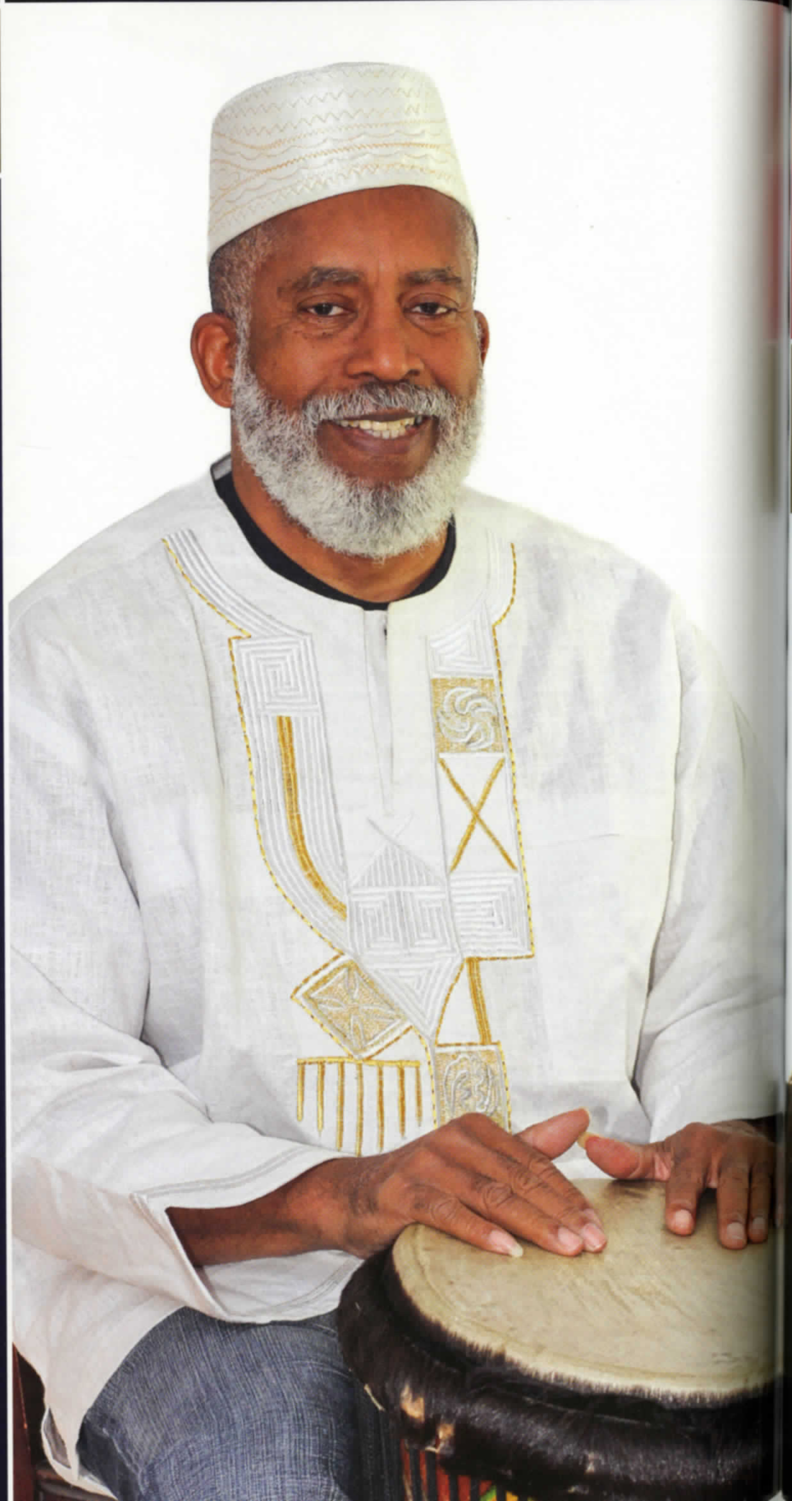
MUHTADI THOMAS

Founder & Artistic Director, Muhtadi Drumming Festival

Muhtadi Thomas is the Founder and Artistic Director of the Muhtadi Drumming Festival, which celebrates the drum and its universality as an art form. Held in Toronto, it attracts thousands of people annually and has become one of the main events of the summer in North America. The festival features drumming ensembles that showcase the diverse cultural traditions and drumming styles from all over the world. A talented percussionist in his own right, he plays the djembe, bongos, congas, steel pan and a wide variety of other instruments.

Thomas moved to Canada from Trinidad and Tobago in 1974. Over the years, he has performed both nationally and internationally. However, much of his career has been devoted to teaching the art of drumming in community arts programs, schools and community centres. Like The Honourable Marcus Mosiah Garvey, Thomas is teaching the younger generation to migrate to Africa, not necessarily physically, but through their connection to the heartbeat of the Motherland, which is the rhythm of the drum.

Thomas has supported fundraising initiatives and worked with at-risk youth with a focus on discipline and cooperation. He has received awards and commendations from Music Africa, the City of Markham and the BBPA Harry Jerome Award for Entertainment. He has served as a judge for Caribana competitions as well as for the Kiwanis Music Festival. Thomas has performed for organizations and events like the Lion Dance Festival, Winterfest, Yonge Street Festival, numerous Jazz Festivals and at Chinese New Year events at the Sony Centre For The Performing Arts.



PLANET AFRICA
GROUP

VOLUNTEER AWARD

GWYNETH MATTHEW-CHAPMAN

President, Canadian Black Caucus & Community Organizer

Gwyneth Matthew-Chapman (Gwyn) is a television personality, producer, motivational speaker and a community organizer. She is the President of the Canadian Black Caucus, a non-partisan organization that ensures an African-Canadian presence in Canadian politics and of Inspiring You Productions. She advocates for community rights and helps to develop a culture of civic engagement. In 2003, she worked as Co-Chair of John Tory's Mayoral Campaign and in his 2014, she served as a Community Strategist and Organizer.

In media, she has been involved with directing, producing, writing, hosting, reporting and editing. Credits that Gwyn has received include Community Producer for Daytime, Rogers TV; Executive Producer and Host of Inspiring Youth on Rogers TV and Executive Producer & Host of All About You on City TV. She has also been involved with Canada AM, CTV and CFRB AM 1010. In 2008, she created the Inspiring Youth Leadership Summer Campto provide mentorship for youth. She has volunteered with Camp Jumoke, Black Law Enforcers Association andthe TNT Eagles Second Chance Scholarship program.

Gwyn has supported the University of Toronto Career Day, SDA Prison Ministries, Ontario Black History Society, Future Aces, Visions of Science, Jamaica Day, and the Martin Luther King celebration. In 2006, she started the Black History Event at Queen's Park, to engage political leaders and students. She has been awarded by The National Society of Black Engineers, USA, for securing 75 scholarships to St. Lucian youth from the Illinois Institute of Technology in Chicago; received an awardfromthe Governor General of St.Lucia; the Black Business and Professional Association's Women of Honour Award and the Queen Elizabeth II Diamond Jubilee Medal.

PLANET AFRICA
Awards
AWARD

LIFETIME ACHIEVEMENT AWARD

GEORGE E. CARTER

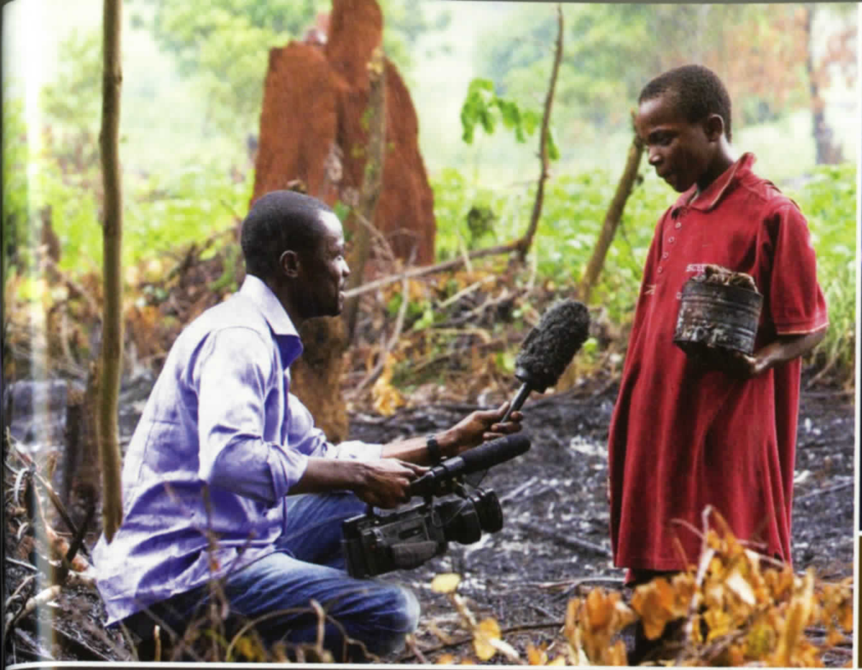
First African Canadian Judge

George E. Carter was born in Toronto to parents from Barbados in 1941. Find and add year of birth). The oldest of fourteen children, his parents managed their large family during the depression, encouraged education and self-discipline. An exceptional student, Carter was at the top of his class at Harbord Collegiate. He went on to earn a bachelor's degree from the University of Toronto and graduated from Osgoode Hall Law School in 1948. He worked as a porter to pay his tuition to law school and served with the Canadian Army inWorld War II.

Carter articled in 1945 with B. J. Spencer Pitt, the only black lawyer in Ontario. In 1947, he went to work for Sydney M. Harris, a Jewish Canadian. At the time, no other law firms would accept Black law students for training. After being called to the Bar in 1949, he opened his own firm on Bay Street in 1952. He was the first African Canadian to be appointed Judge in the Ontario Provincial Court in 1979 and was later appointed to the Ontario Court of Justice, where he served for 16 years. He was a founding member of the Toronto Negro Veterans and the National Black Coalition of Canada.

A Founding Member and past President of Toronto Negro Business and Professional Association, Carter was also a Board Member of the Ontario Black History Society. He was instrumental in the setting up of Legal Aid in Ontario. He is a recipient of The Osgoode Hall Law School Award For Excellence, Honourary Life Membership to The Ontario Judges Association and Queen Elizabeth II Diamond Jubilee Medal. In 2014 he was named to the Order Of Ontario, the same year a bust of Justice Carter was unveiled at the Osgoode Hall Library. "The Making of a Judge", a documentary by his daughter Linda V. Carter, has been screened on TV and in film festivals.

George Carter as a law student



PLANET AFRICA
Awards
AWARD

MEDIA AWARD

DR. JEFFERSON SACKEY

Broadcast Journalist & Producer

Dr. Jefferson Sackey is a broadcast journalist who has been a globetrotting reporter for almost 12 years. He has covered armed conflicts, political upheavals and natural disasters in hot spots around the world. In 2005, his work at the frontlines in post-conflict zones of Liberia, Sierra Leone and Rwanda forever changed his career and view of life. He has unique experience in international affairs, having served as the Public Relations Officer of Ghana's Ministry of Foreign Affairs from the year 2005 to 2007.

In the media, Dr. Sackey started as a news anchor with TV Africa in Ghana and covered some of the most sensitive stories in Africa. He has reported from over fifty countries, including Iran, Russia, Cuba, Ethiopia, Sudan and Sierra Leone. Among the highlights are interviews with world leaders such as Liberia's President, Ellen Johnson Sirleaf; Former UN Secretary General, Kofi Annan; Former British Prime Minister Tony Blair and South African President Thabo Mbeki. Dr. Sackey has been a contributor for CNN World View and Correspondent for DWTV, the German international news network.

In 2010 Dr. Sackey was recognized by Journalists for Human Rights in Canada as an Ambassador of human rights reporting. In 2012, he was awarded the Best Regional Correspondent at the Radio and Television Awards in Ghana. In 2013, Malta Guinness Africa, appointed him an Africa Rising Brand Ambassador for a campaign to inspire the youth of Africa. He was awarded an Honorary Doctor of Humanities degree from Dayspring Christian University, Mississippi, USA in 2014. In Ghana, he is the Senior International Correspondent for the Multimedia Group, owners of Joy FM and Joy News TV. He now receives the 2015 Planet Africa Media Award.

RISING STAR AWARD

TANYA WALKER

Lawyer & Principal, Walker Law Professional Corporation

Tanya Walker is a Lawyer & Founder of Walker Law Professional Corporation. She graduated from McMaster University in 2002, with a Bachelor of Commerce (Honours) degree with a minor in Economics. She then attended Osgoode Hall Law School, graduating in 2005. She was called to the Bar in 2006. During law school, she received the Simms Shuber Prize for the highest academic standing in corporate governance. Tanya practiced at two Bay Street firms before opening her own downtown law firm. Her law firm has four full time employees.

Walker is a member of the American Bar Association Forum on Franchising; member of the Board of Directors, Osgoode Hall Law School Alumni Association; and a part-time member of the Ontario Assessment Review Board. She plays a leadership role in the Ontario Bar Association's Franchise and Civil Litigation Executives. A millennial star in the legal profession, her firm is focused on franchise, real estate, partnerships, construction, condominium, mediation, arbitration, bankruptcy, defamation, employment, human rights claims and others. She is committed to excellence and community service.

Walker received the Women's Enterprise Woman of the Year Award in 2010, the Award of Excellence for Community Service from the Sickle Cell Miracle Network in 2012, and the Young Entrepreneur Award in 2013 from the Black Business and Professional Association. In 2014, Walker was honoured to receive the Ambassador for Peace Award from organizations affiliated with the United Nations. Walker is currently in the running to become a bencher at the Law Society of Upper Canada. She receives the 2015 Planet Africa Rising Star Award.

PLANET AFRICA
Awards

BELLA ROSE

Singer & Songwriter

Bella Rose has always had a love for the singing since she began singing at church. As a member of the R&B/POP group Sonata Rose from Toronto, Bella continues to challenge herself in an effort to push further. With a persistent spirit, she loves to push the boundaries in everything she does be it singing performing or writing songs. Bella hope she can be an influence to other artists to strive and be the best they can be.

SUBLIMINAL

DJ, Lyricist & Producer

For over, 10 years Sean Mauricette a.k.a. Subliminal has been gifting audiences as a beat-boxer, DJ, lyricist and producer with his unique style of music, where hip hop meets soul. Dubbed "Soul Hop", a.k.a. Subliminal has been captivating audiences with his distinct sound, opening for a vast array of artists including De La Soul, Mos Def and Eric Roberson.

FOCUSWAY

Vocalists & Musicians

Founded in 2011, TheFocusway Ministries is an ensemble of professional musicians from different backgrounds. Composed of singers, song writers and producers, this exciting mix of musical talents have one of the most finely crafted repertoires of music one can find. The group's blend of intimate praise and worship, their energetic style of capturing audiences with their music has made them unique.

HOME AWAY FROM HOME

IN THE LAND OF NELSON MANDELA

Llyod McKell, Chair of Mandela Legacy Canada, reflects on his unforgettable trip to South Africa

One of the first things that strikes one on a visit to South Africa today is how deeply etched Nelson Mandela's spirit continues to be in the hearts and minds of the people of South Africa. The symbols of Mandela are everywhere. This reflects the deep respect and love the people of South Africa has for him and his memory. Mandela's role in South Africa's political evolution stands clearly as a significant point of departure for how the country develops its democracy and builds its nation in the future.

I recently travelled to South Africa as part of a tour group organized by Integrity Tours, a South African-Canadian tour operator. Our travels took us first to Johannesburg where we visited the Apartheid Museum, which pays tribute to the struggle against apartheid by telling that story in all its disturbing and captivating detail. In the black township of Soweto, we toured the Hector Pieterson Museum, built in honour of the thirteen-year old student who was killed by the police in 1976 along with several hundred fellow students while demonstrating against inferior education for blacks.

Our tour through Liliesleaf Farm in a Johannesburg suburb, evokes a strong sensation of the tensions involved in the anti-apartheid resistance movement. Now restored as a heritage memorial, Liliesleaf Farm was a secret refuge and underground planning hideout for the armed struggle by leaders of the resistance including Mandela. The discovery of this underground activity by the South African police ultimately led to the arrest of Mandela and his comrades.

As we left Johannesburg for the flight to the Eastern Cape, we visited Constitution Hill, the site of the new High Court of Appeal purposefully erected on the grounds of Johannesburg's most notorious prison. A walk through this prison compound and buildings containing statements made by inmates and black guards placed on the hallway walls, gives one a keen sense of the horror of apartheid.

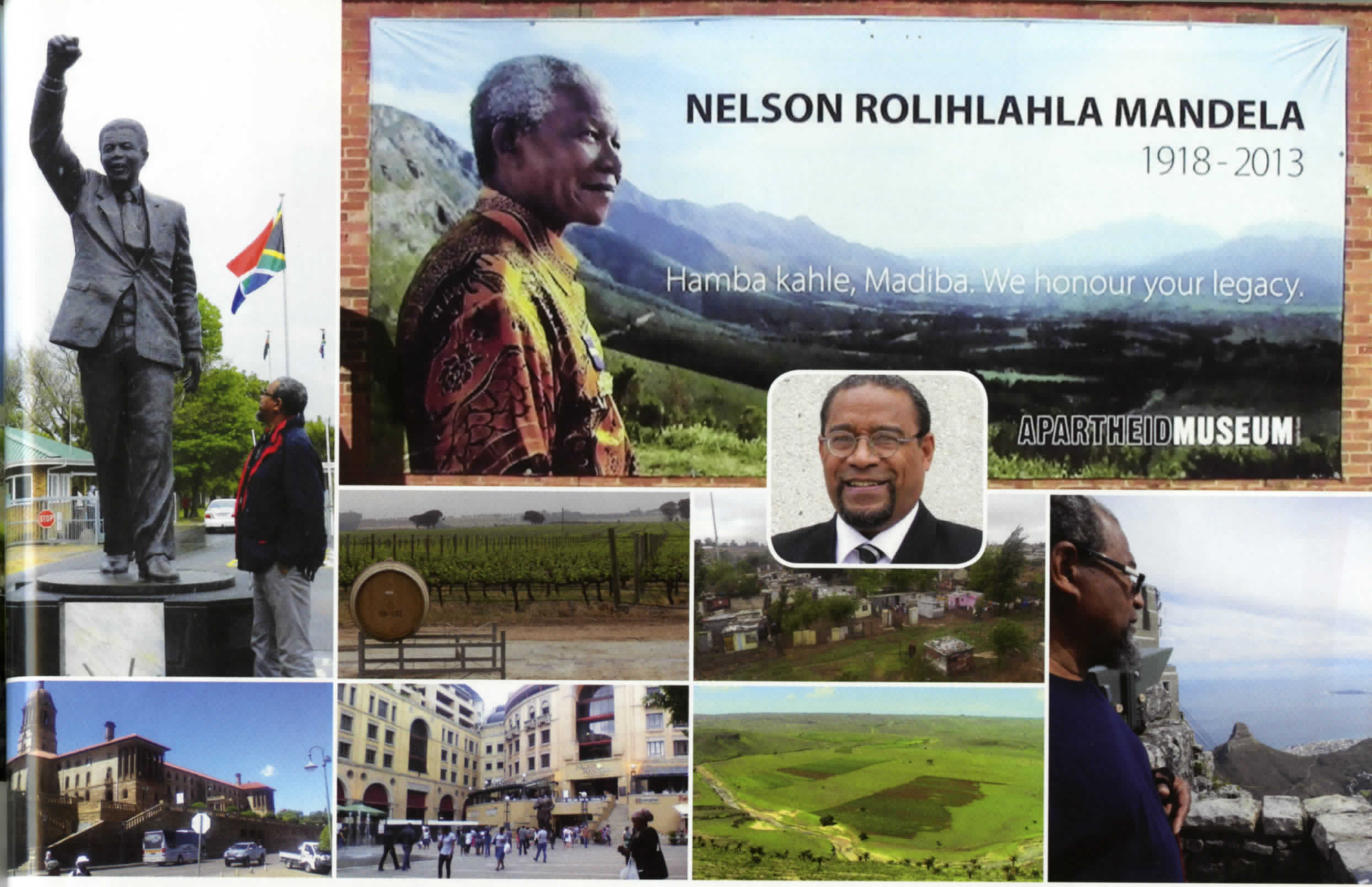
The Eastern Cape was a complete change from the urban environments of Johannesburg and Pretoria and even Soweto. It was exactly as described by Mandela in his autobiography, The Long Walk To Freedom, as "a beautiful country of rolling hills, fertile valleys and a thousand rivers and streams". It is indeed a vast territory of green grass, shrubs and trees carved up by unpaved dirt roadways linking hundreds of village communities, many in remote areas.

As our tour bus makes its way through the Eastern Cape, one reflects on the historical experience of the people of South Africa as they endured the harsh realities of apartheid. Travelling through this region of Mandela's birthplace, youth and ultimate resting place, we think about the circumstances leading to the emergence of the greatest leader of a nation in our world today. We stand in awe of his accomplishments and of the sacrifice he has endured to achieve his goals.

In Cape Town, we visited City Hall overlooking a large square from which Mandela made his first speech on his release from prison. We took the cable car ride to the top of Table Mountain and savoured the beautiful view of the city. The visit to Robben Island, Mandela's prison-home for eighteen years, was a deeply emotional experience. A former inmate was our tour guide and described in detail the brutal conditions experienced by Mandela and his fellow prisoners.

We drove alongside many beautiful beaches which, prior to 1994, black people were prevented by law from using, before we came to the Cape of Good Hope, where the Indian and Atlantic Oceans meet.

South Africa is a beautiful country displaying in all its variety the richness and beauty of a land blessed by the benevolence of Mother Nature. Much has been done to transform the country into a working democracy since the ending of apartheid in 1994. Further progress will require continued commitment to the ideals of Nelson Mandela by all groups, institutions and individuals in the decades ahead.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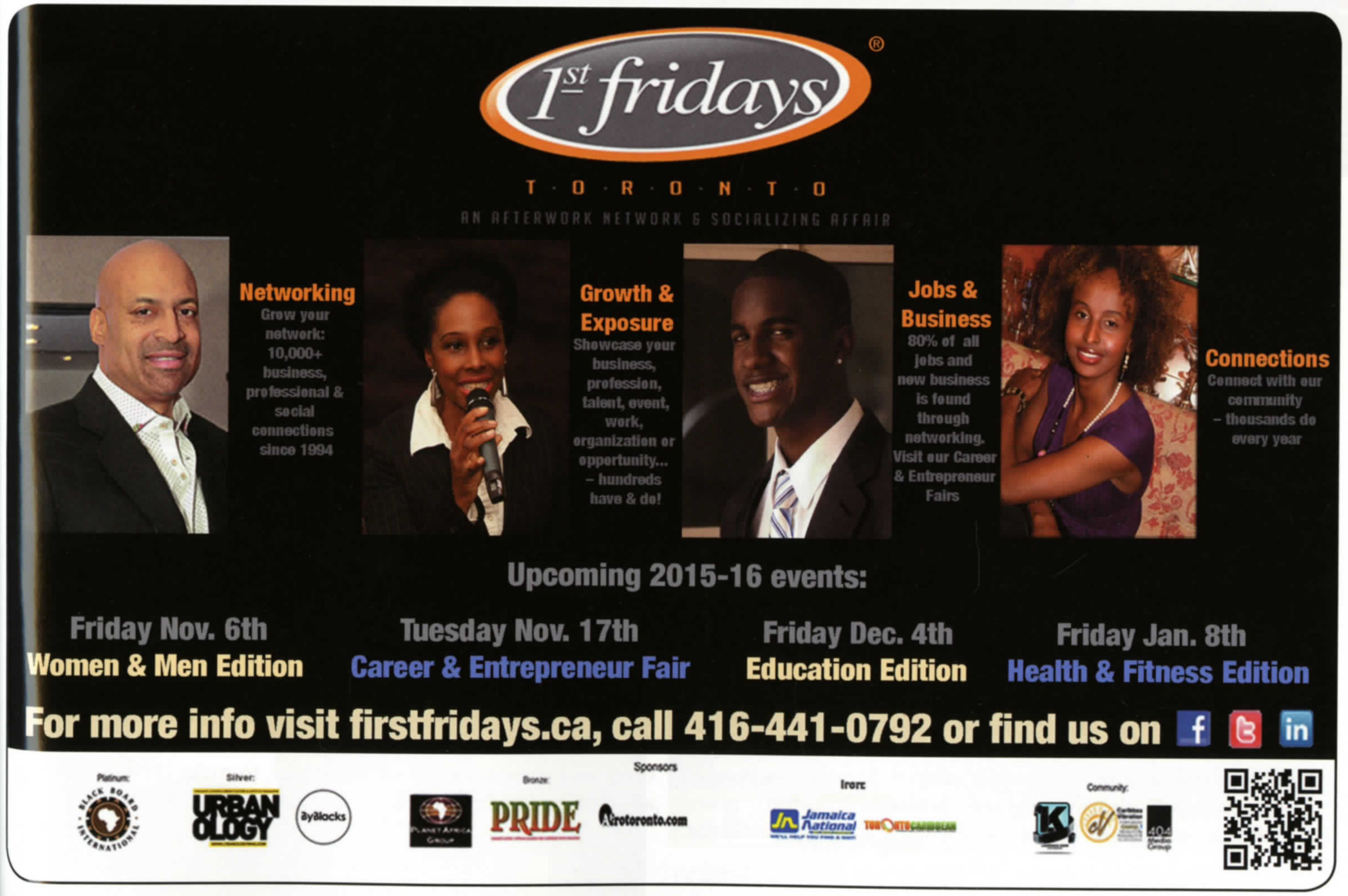
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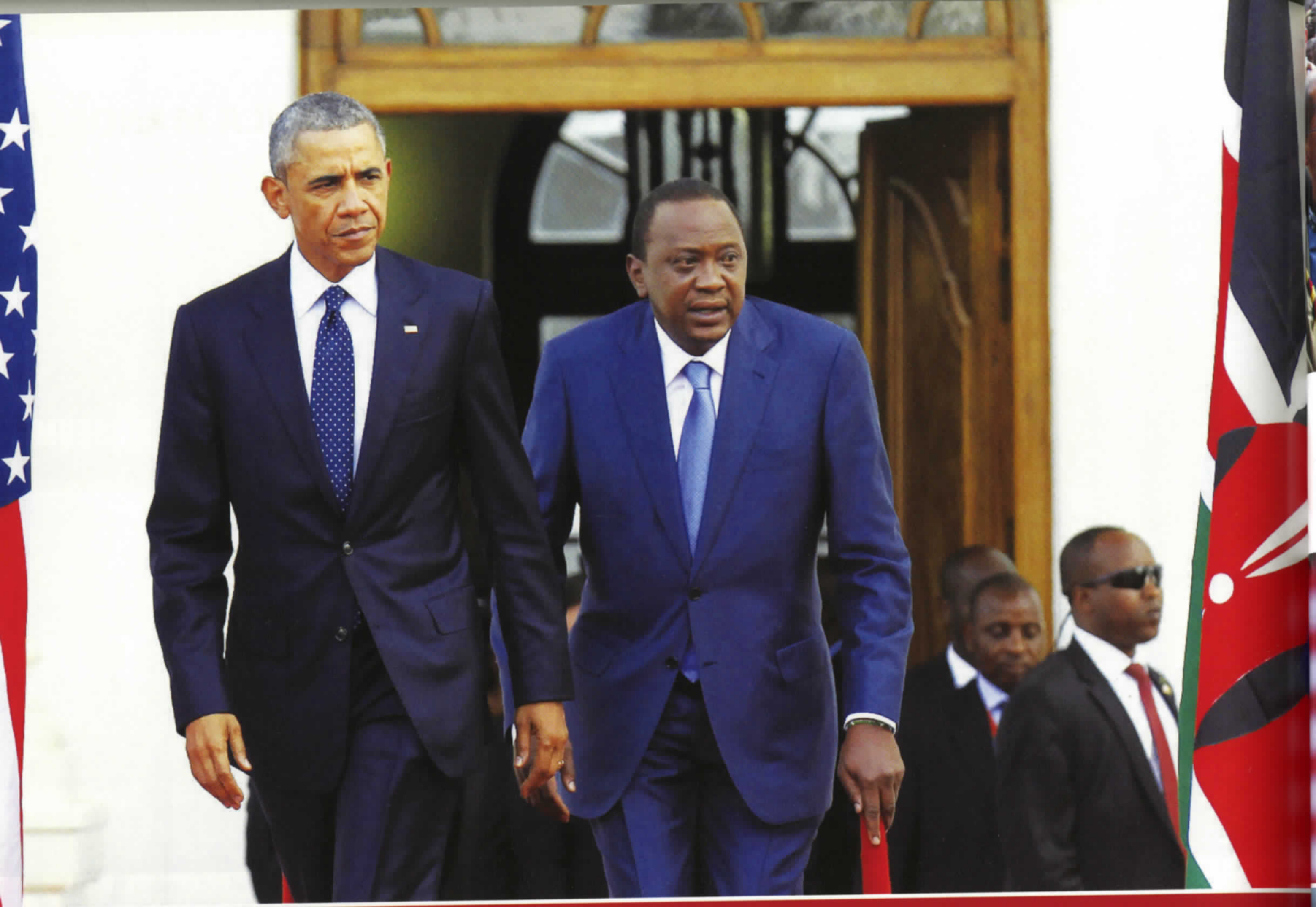


AMERICAN PRESIDENT BARACK OBAMA GOES BACK TO HIS ROOTS IN KENYA

For many Africans, the news that US President Barack Obama would be visiting east Africa in July was something to revel in. During the course of his tour, Obama met with region leaders, addressed its people and tried to help deal with some of its most obstinate challenges. He drew enthusiastic crowds, full of people celebrating an unprecedented connection between the world's most powerful leader and the continent.

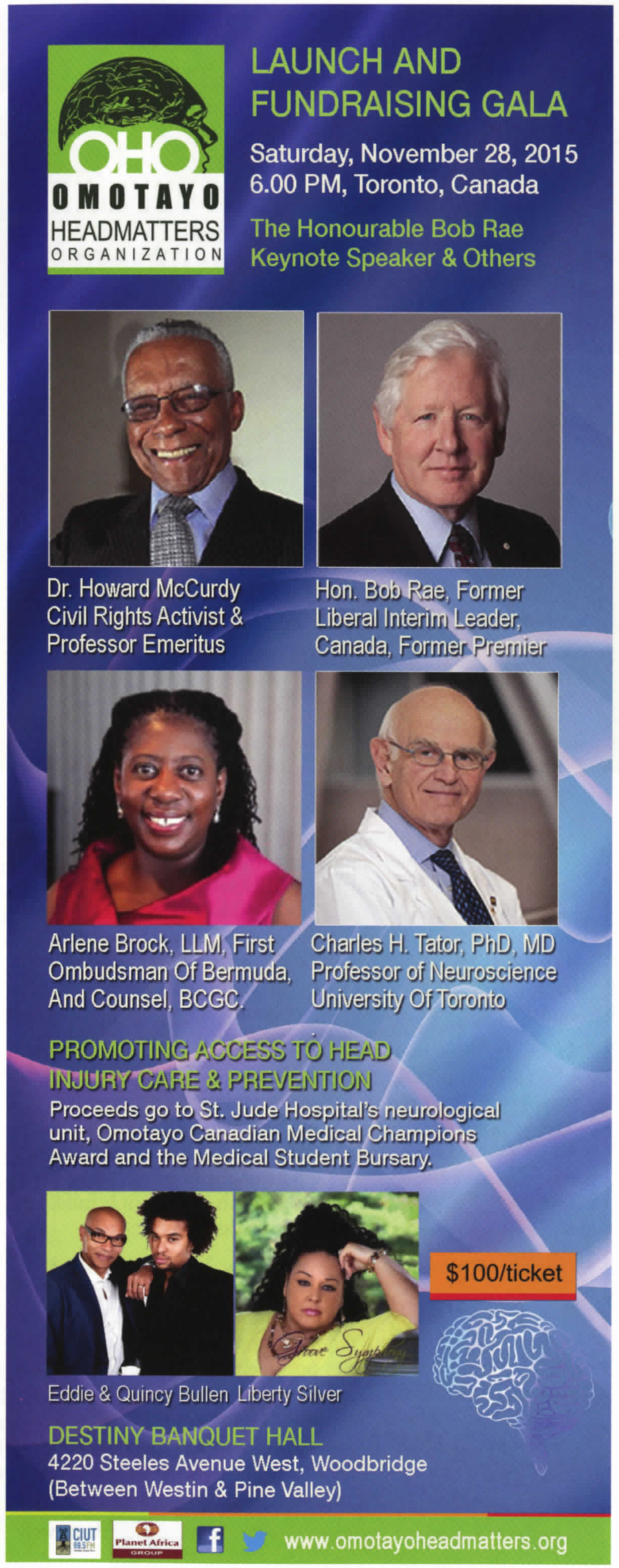
Despite being his fatherland, Mr. Obama said he had not wanted to "play favourites" but insisted that the United States had concerns about the International Criminal Court charges faced by President Uhuru Kenyatta, which had since been dropped. The US president held bilateral talks with Mr. Kenyatta, opened the sixth iteration of the Global Entrepreneurship Summit (GES)—an initiative launched by Mr. Obama in 2009—and made a public address to the nation.

While the GES gave Mr. Obama a platform to highlight rapid growth in many African markets and Kenya's penchant for innovation and entrepreneurship, security dominated the bilateral session. His public address focused on Kenya's potential, but also highlighted the serious threats posed to future prosperity by ethnic divisions and, in particular, corruption. Apart from potentially boosting wider investor confidence, Mr. Obama's visit also saw the signing of numerous deals, agreements and memoranda, both at the bilateral level and at the GES.

His trip to Ethiopia highlighted the importance the US attached to regional security, and to Ethiopia's key role in the fight against Islamist terrorism. Also, while addressing the African Union, Mr. Obama spoke about the need for deeper democracy and more transparent and accountable government. He warned African leaders to stamp out the tendency to overstay their welcome. Mr. Obama also encouraged his listeners to respect diversity.

The US President's latest and third official visit to Africa, following a trip to Egypt and Ghana in 2009, and to Senegal, South Africa and Tanzania in 2013, comfortably beats the record of his predecessors. His commitment to Africa no doubt partly stems from his Kenyan heritage, but also reflects Africa's growing global importance, both politically and economically. "I want you all to know that I believe in you, that you have the drive and passion to unlock the world, to make life better for all of us," said Mr. Obama

> "I want you all to know that I believe in you, that you have the drive and passion to unlock the world, to make life better for all of us,"



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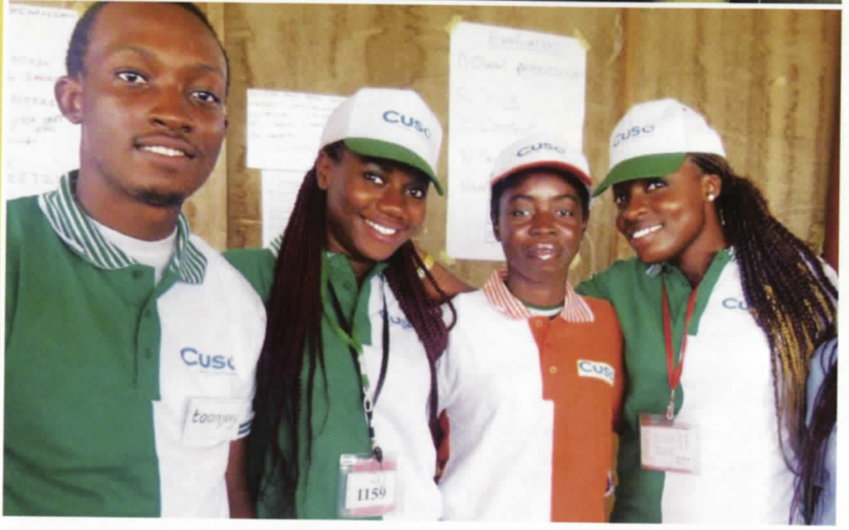


For more than 50 years, Cuso International has been working to reduce poverty and inequality in developing countries through the efforts of highly skilled volunteers, collaborative partnerships and compassionate donors. With its vision to create a world where all people are able to realize their potential, develop their skills and participate fully in society, Cuso continues to work in inclusive partnerships to eradicate poverty through equitable and sustainable development.

As Cuso's project support and logistic officer, Calabar- based Mfon Nkete works to improve the lives of people, as well as empower the community. “Success motivates me,” says Nkete. “It was interesting to find young women and men who were ready to contribute their skills in supporting developing countries and I wanted to be part of the family.” While she's passionate about working with the youth, she says it is fulfilling to see how a project can transform their lives.

Helping communities thrive and grow, in a general sense, is far from simple. However, Cuso have been to accomplish this in many cities of the world, including Calabar. “One has to understand that the people must be seen as being capable of affecting their own destinies positively. Communities must be assisted to gain control and harness the resources available to them,” explains Nkete. “As such, the intervention agencies must see themselves as facilitators and therefore put the communities in the driver's seat rather than see themselves as ‘messiahs.’”

So far, this approach has built lasting relationships, gained trust, accelerated inclusive social and economic growth, as well as guaranteed sustainable development. “If lives must change, systemic failure endemic in governance, social infrastructure and public service must be tackled headlong. Governance and social structures and systems that are fast decaying must urgently be strengthened. Community engagement and dialogue must be robust; institutions that can deliver development dividends to the community people must be empowered and community governance structures must be strengthened to be better able to deliver inclusive decision making at community level,” Nkete shares.

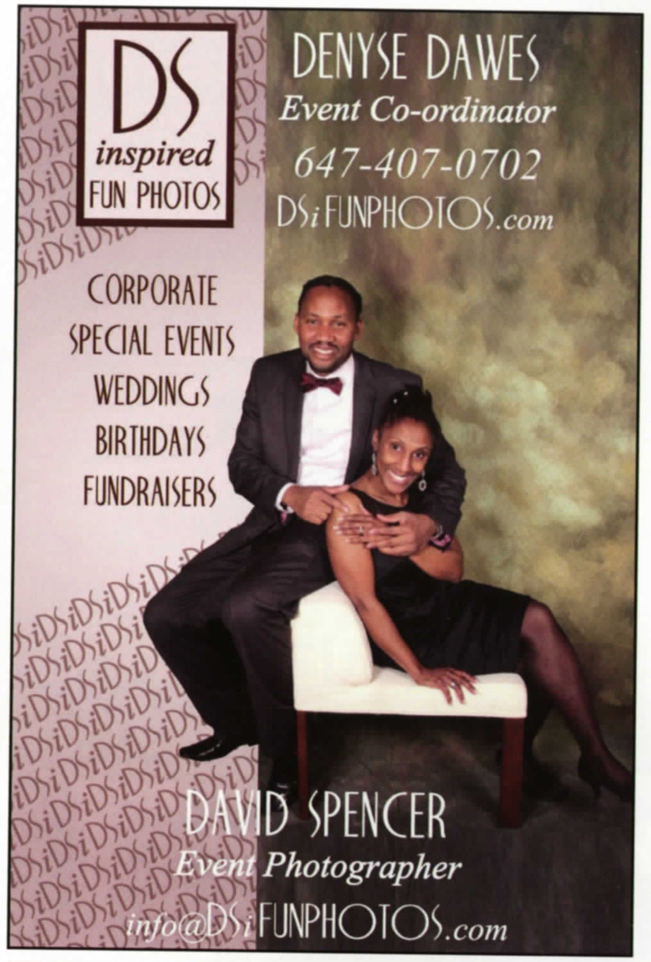
Clearly, making this work requires a large number of volunteers to ensure a seamless and successful project. “Our first category of volunteers is the international volunteers (IVs). The IVs who are professionals from North America and the United States support the work of Cuso and its partners in Calabar in the areas of gender and social inclusion, monitoring and evaluation, organizational development, resource mobilization, and so on. The National Youth Service Corps (NYSC) YouLead volunteers are also a crop of 48 young women and men providing business development support, entrepreneurial and information services to young entrepreneurs aged 18 to 35 years in all the 18 Local Government Areas (LGAs) of Cross River State.”

“YouLead is about self-development, “says Olaoluwa Adekunle, a 26-year-old graduate in mathematical science and YouLead volunteer in Calabar. “When you volunteer with any meaningful group, you are able to develop yourself almost subconsciously. You discover your acumen and that, I believe is, what I will again…And, of course, putting a smile on the faces of young people is rewarding in itself.”

According to Nkete, Cuso will also be working with a set of 18 community volunteers located in each of the 18 LGAs in Cross River State to provide agricultural extension services to the rural populace. In addition, Cuso is also in partnership with the Rotman School of Management, University of Toronto to provide interns. Under the partnership, four Rotman volunteers are currently in Calabar working with Cuso to help reduce poverty and inequality,” shares Nkete. In the nearest future, it is believed that Cuso will make available its e-volunteering platform to beneficiaries and partner organizations, as well as collaborate with 32 governmental and no-governmental organizations to build capacity and facilitate the establishment of business and jobs in the areas of agriculture, aquaculture, forestry and ecotourism.

In terms of helping individuals in rural and low resource setting access health facilities, Cuso is exploring opportunities to support the provision of quality health services, building on the work done by organizations such as UNICEF, WHO and others, as well as working to support Community Health Extension Workers with up-to-date knowledge and skills in Reproductive Maternal New Born and Child Health, including strengthening referral systems, amongst others.

Despite the obstacles most vulnerable people in every corner of the developing world are facing, Cuso continues to work alongside these determined men and women in an effort to make lasting change. After all, being of service to others is the organization's keystone to its approach to development. For volunteers, they return filled with the satisfaction of knowing their assistance have helped someone in need achieve the means for a better, brighter future.



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ATTITUDE IS THE KEY

HOW HIGH CAN YOU SOAR?

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Inspirational Christian and business author as well as speaker, Zig Ziglar once said, "Your attitude, not your aptitude, will determine your altitude." This statement has been proven based on many life experiences. Your attitude determines how high you can soar.

According to Pastor Joel Osteen of Lakewood Church in Houston, Texas, "Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life." The Bible admonishes in Philippians 2:14 that, "Do all things without grumbling or disputing." Whatever life throws your way, make the best out of it.

Albert Einsterin, the German-born theoretical physicist who developed the general theory of relativity, one of the two pillars of modern physics said, "Weakness of attitude becomes weakness of character," which underscores the importance of having a constructive attitude. The right perspective in life is to always see the cup half full and not half empty. Focus on the good in everything and do not let negativities weigh you down.

"My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength," said Michael Jordan, a legend and master strategist in basketball. Remember that having a negative attitude can adversely affect the productivity, success and the wellbeing of the people around you. Check your reaction barometer when you are faced with circumstances.

Worrying and complaining are two major factors that affect peace of mind for individuals and people around them. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God," says Philippians 4:6. How things turn out in your life depends on your mindset. As Diane von Furstenberg said, "Attitude is everything."

According to William James, "It is our attitude at the beginning of a difficult task, which more than anything else, will affect its successful outcome." Take on the wise counsel in Philippians 4:13 which says, "I can do all things through Christ who strengthens me," and believe that with God on your side, nothing shall be impossible.

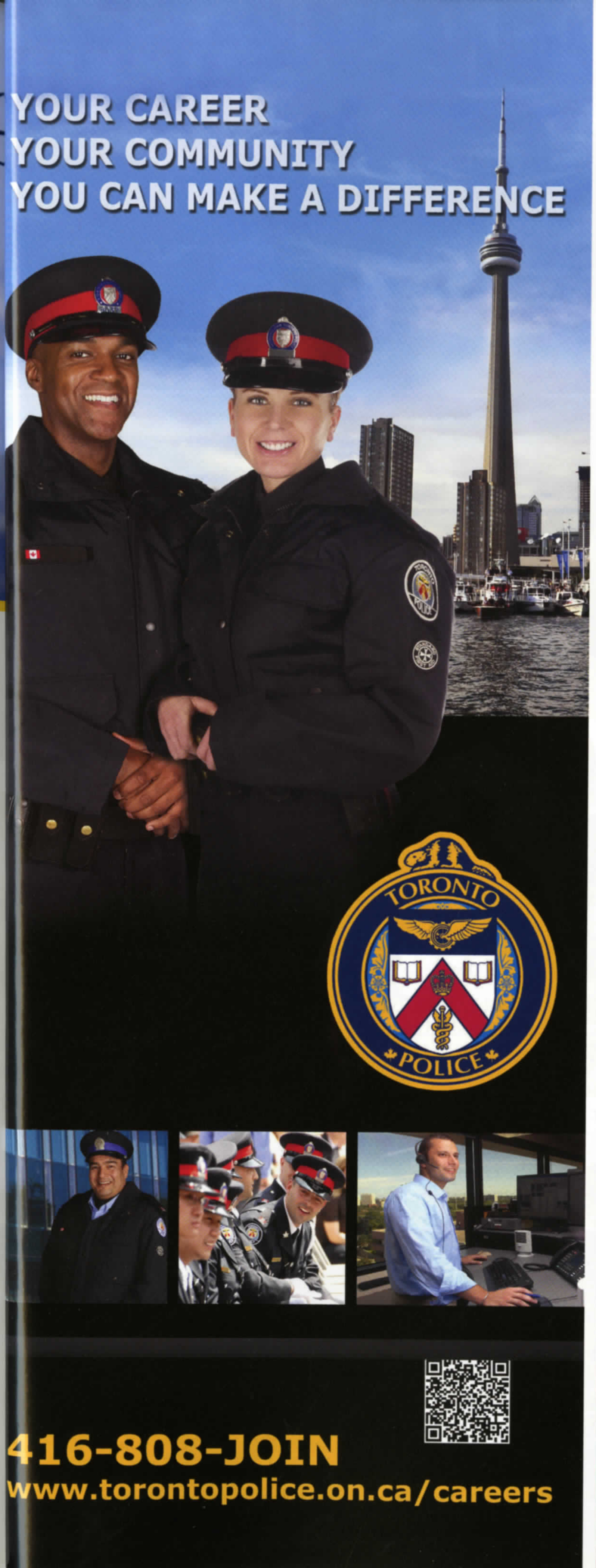
Joyce Meyer, one of the most respected televangelists and a teacher of the Word of God says, "I'm only going to stand before God and give an account for my life, not for somebody else's life. If I have a bad attitude, then I need to say there's no point in me blaming you for what's wrong in my life." Blaming people squarely for anything is a function of a bad attitude.

Make your attitude the crown you wear on the journey to success. In the process, make improving the lives of people through a positive attitude a cornerstone of your legacy. Ephesians 4:2-4 says, "With all humility and gentleness, with patience, showing tolerance for one another in love, being diligent to preserve the unity of the Spirit in the bond of peace."

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude," says Thomas Jefferson. Regardless of the circumstances that you face, remember Romans 8:28 which says, "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

"We cannot change our past. We cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude," says Charles Swindoll. According to Maya Angelou, "If you don't like something, change it. If you can't change it, change your attitude." This mirrors Ephesians 4:23 which says, "Be renewed in the spirit of your mind."

> "We cannot change our past. We cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude."



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Bond Of Love

OSHO & ALAN TIE THE KNOT

By Patricia Bebia Mawa

Each year people from all backgrounds gather in Toronto for the largest African Street festival in North America; Afrofest. The 2011 edition was special, as it brought together two hearts that now beat as one. "I saw him standing at the wine garden when I walked up to him. The relationship we have today started right there and then. He was a breath of fresh air and we connected," says Osholene Oshobugie, a mental health professional and a payroll specialist about her first meeting with Alan Edison, who is a voice actor.

The joy and laughter the two experienced at the festival glued them together. "No day passes without me having a hard laugh that tears begin falling out of my eyes. He is a perfect handsome gentle man. With the tenderest loving care he provides me, I am very happy. He is so good for my soul. Oh! And his voice, he has the best voice in the world. I remember wishing that he should never stop talking" she says.

When you see something beautiful, you want to give it a second look and when you see something valuable, you want to keep it. This was the case for Alan who was attracted by Osholene's beauty and willpower. "I love her beautiful smile, her will and determination. She is a very persistent woman and she gets along very well with people. She has a warm heart and people are receptive to her. I love her a lot and she brings me too much laughter and she is good for my soul" says Alan about what made him decide to spend the rest of his life with Osholene.

On May 14, 2015, before a small group of family and friends, Osholene and Alan said I do. The day was even more special because it was Osholen's birthday. One thing was clear to everyone attending the wedding, the fact they love each other and have a lot of fun together. Originally from Nigeria, Osholene incorporated aspects of her culture in the reception. "It was refreshing, magnificent, vibrant, exciting, exotic and breathe taking. I was glad to experience a glimpse of a part of the African culture, the place of my long distant ancestors" says Alan who is from St. John New Brunswick in Canada.

For Osholene, love comes to those who love. "Regarding women, it is easier and more interesting attracting love while loving. For men, be a gentleman, be respectable, treat people the way you want to be treated," she says. Having been recently blessed with a son, Mr. & Mrs. Edison are committed to enjoying their marriage while supporting each other. "For us, there is no such thing as I am the man, you are the woman or who is the boss? It is just two people cooperating together and depending on each other's strengths to achieve similar goals happily". When love, laughter and mutual respect exists in a relationship, you can only say; it is good for the soul.

By Patricia Bebia Mawa

UBUNTU

I AM BECAUSE WE ARE
An African Concept

Ubuntu is an Nguni Bantu word, which means human kindness. It is a concept that originated from the Southern African Region. The idea of sharing, kindness and togetherness is an unwritten social law in Africa. Urbanization and western influence has significantly affected the way people live. However, the old African kindness and togetherness still reigns in many communities on the continent and in the Diaspora.

When I was a kid and my family visited the village from the city; I was often impressed at how people lived in the village. You could walk into any compound during dinner time and eat. You did not need an invitation. Whenever it was time to return to the city, people brought us food items and other gifts. Most times, we could not carry all the gifts we were given. If someone has a need, the community comes together to support. Every man is a father, brother or Uncle and every woman is a mother, sister or aunty, even if they are not related to you by blood. A child belongs to the village, and ‘it takes the village to raise the child’. The success and failures of any individual was shared with his community.

When South Africa transitioned from apartheid, the concept of Ubuntu came to play as there was need for forgiveness and corporation. President Nelson Mandela was an epitome of Ubuntu. The word Ubuntu is stipulated in South Africa’s Interim Constitution, created in 1993. The line reads: “There is a need for understanding but not for vengeance, a need for reparation but not for retaliation, a need for ubuntu but not for victimization.” Desmond Tutu who was the chairman of the Truth and Reconciliation Commission (TRC) in South Africa describes Ubuntu as; “My humanity is inextricably bound up in yours. We belong in a bundle of life.”

“So Ubuntu, for us, means that the world is too small, our wisdom too limited, our time here too short, to waste any more of it in winning fleeting victories at other people’s expense. We have to now find a way to triumph together,” Said Bill Clinton at the Clinton Global Initiative’s annual meeting in 2006. He went on to say “If we were the most beautiful, the most intelligent, the most wealthy, the most powerful person, and then found all of a sudden that we were alone on the planet, it wouldn’t amount to a hill of beans,”

All human beings on earth have one thing in common: the critical need to belong. Our wellbeing is connected to our interaction with friends, family and members of the community. This sense of belonging inspires and motivates one to navigate the journey of life with ease. Almost two decades ago, the African Spiritual Fellowship was born in Ottawa, Canada after tragedy struck. A member of the community murdered his children as a result of domestic misunderstanding. The fellowship got together and took care of the only surviving child. Today Geoffrey Kasonde, the little boy has graduated from university and is impacting society positively.

Right here in Toronto, at TAIBU community Health Centre, the concept of Ubuntu is also practiced. TAIBU runs an after school youth program called LEARN. When the youth are at the centre participating in their activities, the older adults in the community cook healthy meals for them. In the process, many of the kids have been mentored and molded into responsible citizens. There will be no growth if we focus on ourselves and our own selfish interests. For when one is troubled, we are all troubled. The love and support we deny others today, translates to the depravity we will experience tomorrow. When we invest in each other, we are investing in ourselves. It has been said that “if you want to go fast, go alone, if you want to go far, go together”.

When we go up and fail to send the elevator down for others, we are eliminating the possibility of multiplying our success. We are also denying ourselves the pleasure and joy that comes with giving. You have not achieved much, if you have not done anything for the sake of kindness. Mark Twain said: “Kindness is the language which the deaf can hear and the blind can see”. There is no progress without togetherness. We each need each other to succeed. We are more significant and powerful together. ‘I am, because, we are’

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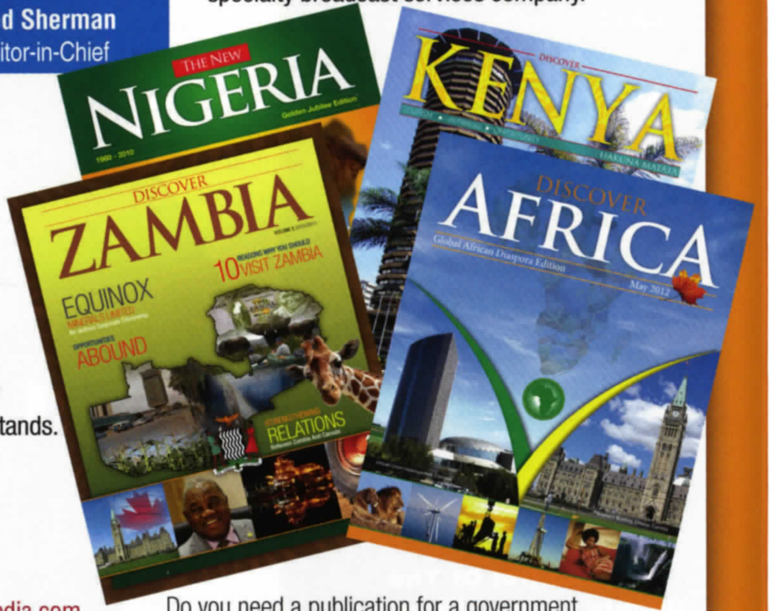

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